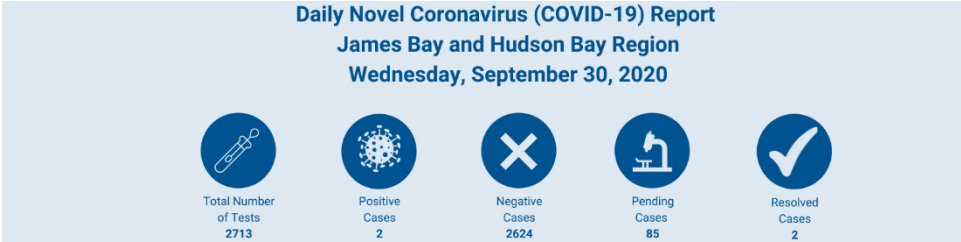




WAHA COVID-19 Community Bulletin

September 30, 2020 – Orange Shirt Day!

1



CHANGES IN EFFECT

- **Visitation restrictions remain in effect at WAHA**
 - Visitation has remains restricted at all WAHA sites
 - Visit www.waha.ca/covid-19/testing/
- **Regular and non-urgent clinics remain closed or restricted**
 - Only urgent and emergent appointments/visits only at all sites.
 - Visit www.waha.ca/covid-19/urgent-care-clinics/

2

HEALTH AND WELLNESS

- **WAHA encourages everyone to get their Flu Shot!**
 - Watch out for information from your local Public Health Centre
- **For information about COVID-19 testing, visit:**
 - www.waha.ca/covid-19/testing/
- **It's important to look after your mental wellness. Check out a list of the supports available online:**
 - www.waha.ca/covid-19/mental-health-supports/
- **COVID-19 Safety Measures:**
 - The Cree people of James and Hudson Bay region have always maintained a close relationship with the land. Hunting, fishing and taking families to their camps and land during the seasons has always been important to survival and culture. While preparing for being on the land and during the time you are out, please continue to take care of one another. Together, let's look after our loved ones by washing your hands, wearing a mask, and practicing physical distancing. If you are not well, stay home to protect others. [Click here for more information](#)

3

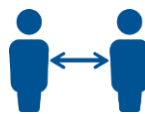
For more information visit www.waha.ca/covid-19 or the Weeneebayko Area Health Authority [Facebook page](#) or the Porcupine Health Unit's website <https://www.porcupinehu.on.ca>



WASH YOUR HANDS



USE COUGH ETIQUETTE



PRACTICE PHYSICAL DISTANCING



WEAR A MASK