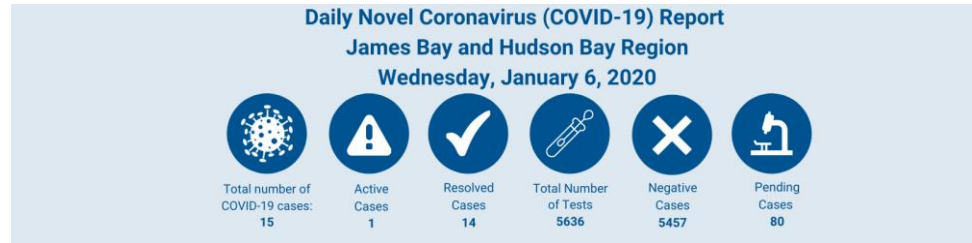




# WAHA COVID-19 Community Bulletin

## January 6, 2021

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### CHANGES IN EFFECT

- **Provincewide shutdown is in effect as of Saturday, December 26<sup>th</sup>:**
    - [More information can be found here:](#)
    - Note: Where the local community bylaws and the provincial restrictions differ, follow your local community bylaws.
  - **Visitation restrictions remain in effect at WAHA**
    - [Visitation remains restricted at all WAHA sites](#)
- Regular and non-urgent clinics**
- We encourage that you call and book appointments ahead of time.  
[www.waha.ca/covid-19/urgent-care-clinics/](http://www.waha.ca/covid-19/urgent-care-clinics/)
- Restricted WAHA travel within James Bay Region in effect**
- [Restricted to urgent or emergent appointments only.](#)

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### HEALTH AND WELLNESS

For information about understanding COVID-19 Vaccines, visit:

- <https://waha.ca/covid-19/vaccine>
- For information about COVID-19 testing, visit:
  - [www.waha.ca/covid-19/testing](http://www.waha.ca/covid-19/testing)
- **It's important to look after your mental wellness.**
  - [Check out a list of the supports available online:](#)
- **COVID-19 Safety Measures:**
  - There is one active case in the region in Fort Albany First Nation and WAHA has received authorization from the community to confirm the case. WAHA is working with Porcupine Health Unit and the community public health department to ensure that the individuals are isolated and contact tracing investigation is ongoing.

For tips on how to stay COVID-19 safe, watch the hilarious videos from Stan Wesley! <https://bit.ly/3bq59Ac>

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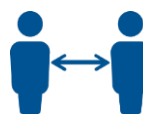
For more information visit [www.waha.ca/covid-19](http://www.waha.ca/covid-19) or the Weeneebayko Area Health Authority Facebook page or the Porcupine Health Unit's website <https://www.porcupinehu.on.ca>



WASH YOUR HANDS



USE COUGH ETIQUETTE



PRACTICE PHYSICAL DISTANCING



WEAR A MASK