



Suggested Media

Instructions:

Please run at your discretion.

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Public Health and testing sites are overrun

For immediate release

(Kahnawà:ke – 22, Tsothóhrha/December 2021) Public Health and testing sites are overrun. All COVID-19 services within Kahnawà:ke and outside of Kahnawà:ke are unable to respond to demand at the current time. Here is important information to assist you in making a decision about your response based on today's most up-to-date Public Health information (this can change quickly):

If you have received a positive result using a rapid test:

- You must isolate for ten (10) days from the first day of symptoms
- All household members must also isolate for ten (10) days.
- You must advise your contacts that they should also isolate for ten (10) days if you were not wearing masks during your contact and your contact was more than ten (10) minutes

If you are a contact of a positive case outside of your household:

- A high-risk contact is someone who is within two (2) meters for more than ten (10) minutes without a mask
- If you are a high-risk contact of someone who received a positive COVID-19 result by rapid test or PCR, you **MUST** self-isolate for ten (10) days. If you develop symptoms only (do not test if you have no symptoms), please do a PCR test. If you are unable to do a PCR, please do a rapid test.
- You must remain in isolation for ten (10) days no matter the result of your test if you are a high-risk contact of a positive case

[Click here for the Home Isolation Procedure.](#)

Our main goal at this time is to work together to protect the community, our most vulnerable loved ones, and our essential service organizations.