



# MOHAWKS OF THE BAY OF QUINTE

## KENHTEKE KANYEN'KEHÁ:KA

*TYENDINAGA MOHAWK COUNCIL,  
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### **Omicron Variant Identified in Tyendinaga Mohawk Territory**

**December 20, 2021** – The Mohawks of the Bay of Quinte's Community Health Team has been notified by Hastings Prince Edward Public Health that four (4) recent COVID-19 cases in Tyendinaga Mohawk Territory has come back positive for the Omicron variant.

The notification includes the case identified in Quinte Mohawk School Thursday (Dec. 16). Our Community Health Team has been retracing calls and notifying families of the enhanced precautions that must be followed as per Community Health recommendation. These precautions include:

- The entire household isolating, regardless of vaccination status
- If a high-risk contact does not get tested for COVID-19 on day 7 of the exposure, the whole house must isolate for 20 days rather than 10

Public health is advising everyone to take immediate action to reduce your risk:

- Get fully vaccinated when you are eligible. The MBQ vaccine clinic scheduled for Tuesday, December 21 is still being held as planned.
- Get your third dose or booster as soon as you are eligible and can make an appointment.
- Screen for symptoms of COVID-19 daily.
- Stay home, isolate and get tested if you have any symptoms – even if they are mild.
- If you are a close-contact of a confirmed COVID-19 case but have not yet been contacted by public health, please self-isolate and get tested.
- Change your social habits – avoid social gatherings and limit visiting others or having visitors.
- Take physical distancing seriously – stay 2 metres apart from people you do not live with and wear a mask in indoor spaces.

MBQ's Community Health Team is also encouraging everyone in the community to keep a list of who you have been around with dates and phone numbers. This will allow the team to complete contact tracing much faster, therefore reducing risk to the greater community. Everyone is also being encouraged to monitor for even the mildest COVID-19 symptoms including a scratchy throat or unexplained tiredness. Other common symptoms include cough, fever and loss of taste or smell.

Please note if someone in your home is symptomatic, waiting for a test or a test result, the entire household must isolate, not just the affected individual.

If you require a COVID-19 test, please contact the Community Wellbeing Centre at 613-967-3603.