



# MOHAWKS OF THE BAY OF QUINTE

## KENHTEKE KANYEN'KEHÁ:KA

*TYENDINAGA MOHAWK COUNCIL,  
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### COVID-19 Safety Around the Holidays

**December 9, 2021** – As COVID-19 numbers on Tyendinaga Mohawk Territory, Hastings Prince Edward and Kingston and Frontenac Lennox and Addington Public Health Units continue to rise, the Mohawks of the Bay of Quinte are issuing a community safety reminder.

According to our Nurse in Charge, Brittany Brant, the COVID-19 in our community is currently spreading through close contact, and is infecting mostly unvaccinated individuals or those that have not yet received their booster shot.

We know that with Christmas fast approaching, community members will be planning holiday gatherings with friends and family, and want to ensure these gatherings are held as safely as possible. The best way to do this is to limit any gatherings you host or attend. Here are a couple of ways you can make these get togethers more COVID friendly:

- Keep your gathering small – the fewer households involved, the lower the risk
- Open a window or filter the air if you must gather indoors
- Avoid potential COVID-19 exposures in the days leading up to your event
- Wear a mask if you'll be around unvaccinated individuals or those at a higher risk such as someone with a compromised immune system
- Take additional precautions such as getting your flu shot ahead of these gatherings

All residents are encouraged to limit their close contacts by keeping any social gatherings small and contacts consistent. Individuals are being asked to seek testing when you begin experiencing **any** COVID-19 symptoms, even if you are fully vaccinated. It is also important to stay home when you have symptoms or are feeling generally unwell in order to avoid spreading any illness.

Some of the more common COVID-19 symptoms include:

- A new or worsening cough
- Shortness of breath or difficulty breathing
- Fever or chills
- Fatigue or weakness
- Muscle or body aches
- Loss of taste or smell
- Abdominal pain, diarrhea and vomiting

Some less common symptoms include:

- Congestion
- Runny nose
- Sore throat/difficulty swallowing
- Decreased or lack of appetite
- Conjunctivitis (pink eye)
- Headache

The community is also being reminded that you may be infected with COVID-19 but not have any symptoms, or, develop symptoms later. This is why it's important to follow the advice of public health authorities and isolate if you've been exposed to someone who has or may have COVID-19 or have tested positive for the virus.

Vaccination efforts are also critical in stopping the spread of COVID-19. If you need to book your first, second or booster dose of the COVID-19 vaccine, please visit [www.mbg-tmt.org](http://www.mbg-tmt.org), scroll to where it says 'Book Your COVID-19 Vaccine' and then follow the prompts.

If you need to book an appointment to receive a COVID-19 swab, call the Community Wellbeing Centre at 613-967-3603.

Testing will be available over the holidays for community members December 28, 29 & 30 from 9 to 11 a.m. – no appointment required.

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