

Muskoday Community Health Centre



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COVID-19 UPDATE

New COVID-19 variant circulating in Canada.

Signs and Symptoms

- Fever
- Cough
- Runny nose
- Sore throat
- Trouble breathing (seek medical attention if this occurs)
- Sore muscles

How to protect yourself

- Proper hand hygiene: soap and water or hand sanitizer
- Cough etiquette: cough into inside of your elbow
- Sanitizing frequently touched surfaces
- Stay home if your sick

How to get tested

- Muskoday Health Centre no longer supplies COVID-19 Rapid Tests
- Coop grocery in Prince Albert supplies free rapid tests at customer service
- You can follow up with a physician and get a recommendation for further testing

Vaccination

- The new variant circulating in Canada is the KP.3.1.1. Canada recently approved a new vaccine. I will update community once the new COVID-19 vaccine is available.

If you have any questions or concerns, please contact Sherri Boisson – Community Health Nurse (306) 764-6737