



COVID-19 at home?

You can manage it, together.

The body, mind, emotions, and spirit need time to recover. This is true for the COVID-19 case and for those who were on the journey with them.

Reach out to those who can help you. Take time to reflect, give thanks, pray, celebrate, or grieve.

When you can, support others who are on their COVID-19 journey.



To learn more:
www.slnha.com/covid/



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