

Renew your commitment to public health measures

The best way to stop the spread and prevent infection is to use public health measures.

- Stay at home.
- Wash your hands.
- Watch your distance.
- Avoid touching your face.
- Clean and disinfect high contact surfaces in your home and workplace.
- Get vaccinated with COVID-19 vaccine.

Special points to take note of:

- Do not gather in homes or in places with people you do not live with.
- Wear a 3-layer mask tied securely with no leaks or gaps. Or, double mask so that you have a total of at least 3 layers of protection.

Self check up

Check to see how good you are at doing the public health measures.

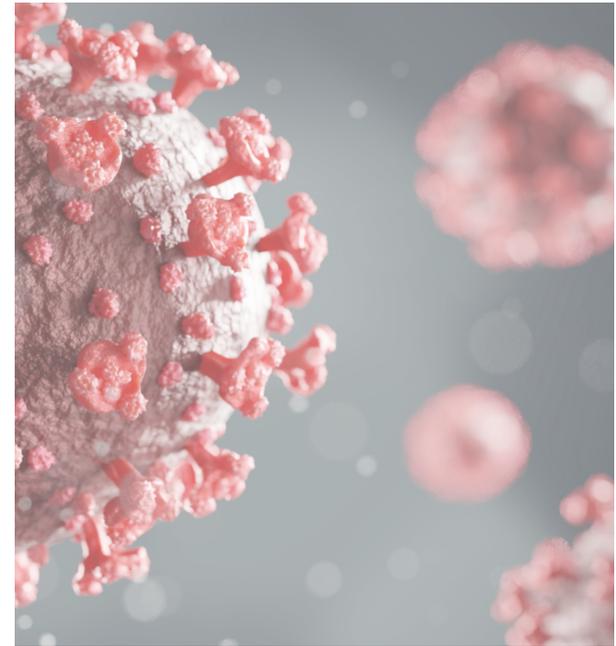
Ask yourself these questions:

- Do I clean my hands when I should?
- Do I wear my mask properly, with no gaps or leaks?
- Do I keep my distance of at least 2 metres (6 feet)?
- Do I clean and disinfect high contact surfaces at home and at work?
- Can I do better?
- In what way could I made a big difference if I changed how I do things?
- Do I need to help my children or family members do better?

For more information write to us at:

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*Information is changing quickly.
This is accurate as of April 20, 2021*



COVID-19 Variants of Concern



Sioux Lookout
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Health Authority

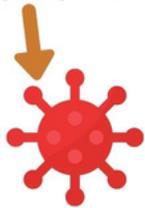
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COVID-19 variants

Viruses can change their shape and how they function. A changed virus is called a *variant*. Variants can emerge at any time, especially in places where the virus is multiplying a lot. Variants can also disappear.

The COVID-19 virus has been changing. The coronavirus spike protein has changed. This change makes it easier for the virus to stick to and infect human cells. This means it easier to spread and easier to catch.

spike protein



Variants of concern

COVID-19 variants of concern, or VOC, is the term being used to include all of the known variants.

Known VOCs

B.1.1.7 was first identified in the UK in late 2020. This is the most common VOC in Canada at this time. It spreads 50% more easily than COVID-19. As of the time of this writing, it makes up more than 50% of the VOC cases in Canada. This variant has been identified among cases in our region.

VOC B.1.351 was first identified in South Africa. It also spreads 50% more easily than COVID-19, but is not as common in Canada now.

P1, was first seen in travelers from Brazil. It has been found in 4.5% of the VOC cases in Canada.

Recently, B.1.427 and B.1.429 were identified in California.

B.1.617 is spreading throughout India.

VOC impacts

As VOCs spread, we learn more about them.

- What is it like to be sick with a VOC? Is it worse? Is it easier?
- Will vaccines, treatments, and medications work?
- Can VOCs be detected by tests?

We do know that some spread faster and are easier to catch. Some cause mild symptoms. Others, more severe. Experts are still learning about how vaccines can protect us from VOCs.

Vaccine impacts

Do the current vaccines help? This is not an easy question to answer.

B.1.1.7 responds to Moderna vaccine, but your body has to work harder to fight a B.1.1.7 infection even with vaccine.

More information about this will be known over time. Meanwhile, it is important to be vaccinated.