



Sioux Lookout
First Nations
Health Authority

Radio Show: Talking about COVID-19 variants

Updated: April 2021

Hello/Boozhoo listeners! This is _____.

Today we are going to talk about COVID-19.

The virus causing COVID-19 can be unpredictable. This is a part of the nature of things. For humans, we see change from one generation to the next. But for a tiny piece of life like this coronavirus, change can happen more quickly. It can change as it spreads and makes copies of itself. Experts are working hard to better understand this process.

We know that some changes are very small and do not affect us. But sometimes, there are changes or 'variants' of the virus that can have a big impact on us humans.

Since the beginning of the pandemic, the virus causing COVID-19 has changed many times. In our area, we are looking at 3 other variants or kinds of the virus that are spreading.

The one people are most concerned about is the UK variant. It gets its name from the place where it was first discovered. We know that it can spread much more easily. We are also learning about its ability to cause more serious illness. As variants of the virus are spreading, we are seeing more people needing care in hospitals. And this is putting a lot of pressure on our hospitals to care for everyone who needs it. The spread of variants is a big part of why another 'stay at home' order was given across the province of Ontario.

We want to respect these changes in the virus's ability to spread. And we want to help keep ourselves and our communities as safe as we can.

So, what can we do?

We can strengthen our efforts to keep ourselves safe.



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How do we do this?

We can start by doing all of the things that we know help keep our communities safe.

Wash our hands often. Cover coughs and sneezes with an elbow or sleeve. Wear a face mask. Limit our travel and stay at home as much as we can. Keep at least 2m or 6ft apart from those we do not live with. Contact our health care provider for testing if we have any symptoms. And keep following the recommendations from our community pandemic response teams.

To strengthen our efforts, we can pair all of these practices with new tools that come our way. Like the COVID-19 vaccine. It is safe and it can give us protection against COVID-19. And it can give us some protection against the variants.

If you would like to learn more about the vaccine or if you are interested in getting vaccinated, reach out to your nursing station or healthcare provider.

Researchers are looking at more data all the time. And we will share with you what they learn. We are here to give you facts that you can trust.

Let's keep working together so we get through this together.

For more information about COVID-19, you can talk with your healthcare provider or contact a member of your community pandemic response team.

You can also visit www.sfnha.com/covid/.

Before we end, we also want to remind you about NAN Hope. NAN Hope is a mental health and addictions support access program. It is for all NAN citizens. Our mental health is just as important as our physical health. If you or someone you know needs support, reach out. If you would like to speak with someone, you can call 1-844-626-4673. If you would prefer to connect through text or messaging, visit nanhope.ca. On the main page, you can find a text and live chat option. **Miigwetch.**