



Hay River Health & Social Services Authority | Administration des services de santé et des services sociaux de Hay River
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Hay River Health and Social Services Authority would like to remind residents of the supports that are in place if you or anyone you know are impacted by the current COVID-19 situation in our community.

IF YOU WERE EXPOSED TO COVID-19:

- Anyone who was exposed to COVID-19, whether you are fully vaccinated or not fully vaccinated, should self-monitor for symptoms.
- If any symptoms develop, you should isolate immediately and contact Public Health at 874-8400 to arrange testing.
- If you are experiencing severe symptoms and you feel your situation is urgent, please present yourself to the Emergency Department at the Hay River Regional Health Centre.
- All non-fully vaccinated persons who were exposed should seek a test on Day Four (4) if available whether symptomatic or not.

QUESTIONS ABOUT SELF ISOLATION:

If you have any questions about whether or not you are required to self-isolate please call ProtectNWT at 8-1-1.

MENTAL HEALTH SUPPORT:

It is extremely important to take care of our mental health. If you or your loved ones need support, we are here to help.

- Contact the Community Counselling office at 874-8450 to find out what supports are available for you.
- If it is an emergency, phone 911.

Stay well, stay safe and let's all do our part to protect our community!

Thank you.