



March 14, 2022  
For Immediate Release

## **COVID-19 activity in all Labrador Inuit communities**

Since the last update on March 10, new COVID-19 activity has been confirmed in Nain, Hopedale, Postville, Makkovik and Rigolet.

While all provincial restrictions have been lifted, including capacity limits, masking, and proof of vaccination requirements, public health officials with the Nunatsiavut Government continue to urge residents in all communities to remain vigilant in helping to stop the spread of COVID-19.

The virus that causes COVID-19 will likely continue to present itself in all Labrador Inuit communities, and that activity may or may not be documented or reported.

For the most up-to-date information related to COVID-19, please visit [www.gov.nl.ca/covid-19](http://www.gov.nl.ca/covid-19).

Individuals with symptoms, with no known exposure to the virus, should contact 811 or complete the online assessment tool at COVID Assessment and Referral ([HOME - NLCHI](#)) to determine if testing is required.

Symptoms of COVID-19 include having ONE of the following:

- Fever (including chills/sweats)
- Cough (new or worsening)
- Shortness of breath or difficulty breathing
- Runny, stuffy or congested nose (not related to seasonal allergies or other known causes/conditions)
- Sore throat or difficulty swallowing
- Headache
- Acute loss of sense of smell or taste
- Unusual fatigue, lack of energy
- New onset of muscle aches
- Loss of appetite
- Vomiting or diarrhea for more than 24 hours