



January 18, 2022
For Immediate Release

COVID-19 updates to be provided twice a week

The Nunatsiavut Government wishes to advise that it will only be providing updates on COVID-19 activity on Monday and Thursday afternoons, effective immediately. The updates will be posted on the Nunatsiavut Government website, as well as on social media, at 3 p.m. on both days.

With the spread of COVID-19, more specifically the highly-contagious Omicron variant, the Nunatsiavut Government will no longer be providing case numbers in each community. This decision is being made to protect the privacy of individuals, especially if case numbers are low in any given community. At the same time, however, notices will be issued to identify communities where there is COVID-19 activity.

Public health officials have advised that it is likely COVID-19 will eventually be present in all communities, even if there are no confirmed cases, and that any numbers disclosed will not be a true reflection of current activity.

Residents of all Labrador Inuit communities are urged to continue following all public health guidance and protocols, including those around isolating, and to stay at home and call 811 if symptoms of COVID-19 develop. Symptoms include:

- Fever, including chills or sweats;
- A new or worsening cough;
- Shortness of breath or difficulty breathing;
- Runny, stuffy or congested nose;
- Sore throat or difficulty swallowing;
- Headache;
- Loss of sense of smell or taste;
- Unusual fatigue or lack of energy;
- New onset of muscle aches;
- Loss of appetite;
- Vomiting or diarrhea for more than 24 hours; and,
- Small red or purple spots on hands and/or feet.

Meanwhile, the Nunatsiavut Government is asking residents of all communities to be mindful of the situations of others, and to be kind and refrain from spreading rumors or stereotyping those who may have contracted COVID-19 or who are in isolation awaiting test results.

Please note that the second vaccine dose for children between five and 11 years of age will begin in all Labrador Inuit communities in early February. The vaccine is still available for those 12 years of age and over for first and second shots, and to those 18 years of age and over for first, second and booster shots. To make an appointment, please contact your community Public Health office.

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