



KETEGAUNSEEBEE  
**GARDEN RIVER FIRST NATION**  
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**December 16<sup>th</sup>, 2020**

**COVID-19 HOLIDAY SAFETY MESSAGE FOR  
DINNERS, FEASTS, HOLIDAY GATHERINGS, WINTER SOLSTICE  
CEREMONIES, HOLIDAY CELEBRATIONS**

The safest way to spend the holidays this year is by only celebrating with persons who you currently live with. It is recommended you limit private gatherings to people in your household.

If you choose to host or attend a gathering, we strongly urge the following safety measures are considered to prevent the spread of COVID-19 in our First Nation:

- Check the latest Provincial Regulations prior to finalizing plans;
- Limit private gatherings to 10 people indoors and 25 people outdoors;
  - Keep it small;
- Ensure physical distancing can be maintained in the gathering space;
  - Keep a guest list in case it is needed for contact tracing;
- Remind guests to wash their hands frequently, wear a mask and maintain 2 metres distance;
  - Avoid close contact with persons who are not members of your household;
  - Stay home if you are sick and attend the gathering virtually;
- Avoid potlucks, family-style meals or buffets. Consider individual take-out, pre-portioned food or have guests bring their own food;
  - Do not share utensils;
- Make it short. A shorter celebration is less risk of transmission;
- Have alcohol-based hand sanitizers readily available for guests;
  - Avoid carpooling;
- Arrange seating in advance to promote physical distancing.

**Individuals who should NOT attend ANY private gathering:**

- Persons with or exposed to COVID-19 in the past 14 days,
  - Persons who have symptoms of COVID-19,
  - Persons who are waiting for COVID-19 test results,
- Persons at an increased risk of severe illness from COVID-19,
- Persons who belong to groups with special vulnerability to COVID-19.
- Anyone who lives or works with those at increased risk of severe illness.

