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CROSS LAKE COMMUNITY NOTICE

DECEMBER 23, 2021

INFORMATION ON THE OMICRON COVID-19 VARIANT

The Omicron COVID 19 variant is a new variant and more transmissible and rapid rate of community spread. Threatening to replace the Delta variant as the dominant strain in several countries.

Symptoms are:

- flu like
- body aches and pains
- fatigue
- headache
- slight sore throat
- congestion

The majority infected with Omicron are being 18-39 years of age.

Vaccines are still one of the best ways to protect yourself against COVID -19. It is important for those who “haven’t had the vaccine” to “get the first and second doses, including the younger children. The most important thing Cross Lake can do now is follow public health advice and “get your booster shots”.

Please call Public Health at 204-676-5633 if you require any further information or if you feel you have symptoms.

Ekosani, stay safe, wash your hands, social distance and wear a mask!