



## UPDATE September 2020

COVID-19 continues to be a virus that has impacted the entire world. The World Health Organization declared COVID-19 a global pandemic in March 2020. Our home province of Saskatchewan declared a state of emergency as a response to this and is currently in phase 4.2 of the [Re-Open Saskatchewan Plan](#).

Measures have been put into place according to government guidelines/protocols and public are encouraged follow the temporary regulations to slow the transmission of this new to humans virus.

Many people still have questions about health and safety, business do's and don'ts, recommendations and protocols. The Town of Carrot River continues to follow the Saskatchewan Health Authority/[Government of Saskatchewan](#) and adheres to their recommendations, guidelines and protocols. As this is an ever changing situation we encourage public to seek information from these sources as well.

### The following is a list of appropriate places to source information:

- For personal/family health concerns related to COVID-19 access the [self-assessment tool](#) or phone HealthLine 811
- COVID-19 Inquiries that are not health related phone 1-855-559-5502
- Business inquiries or support regarding interruption of business or employment call 1-844-800-8688 or access the [COVID-19 Information for Businesses and Workers](#) site online
- For daily case reports and updates access the [Government of Saskatchewan COVID-19 landing page](#)
- If you are concerned about non-compliance as a risk to your community access this [Non-Compliance Reporting Form](#)

### The following guidelines have been established by our government and they continue to be strongly recommended:

- **If you have recently travelled OUTSIDE of Canada (within 14 days) you MUST self-isolate**, interprovincial travel requires self-monitoring
- **If you have any symptoms cough, fever, shortness of breath) or you feel ill, you MUST self-isolate**, call HealthLine 811 for more information
- **Practice Physical Distancing** by maintaining 6 feet between you and anyone who is not in your virtual household, reduce in person contact as much as possible
- **Practice good hygiene** by washing hands often (for 20 seconds), cough or sneeze into your elbow or tissue (dispose tissue and wash hands after), do not touch your face and disinfect highly touched areas frequently
- **Masks are recommended** when physical distancing cannot be maintained or is unpredictable

*Mental health is extremely important. For immediate mental health support phone HealthLine 811. To access local mental health services phone 306-752-9464.*

*Please stay appropriately informed as there are regular updates on information, guidelines and protocols.*

Local businesses are open and following guidelines to protect their staff and the public. We encourage the public to respect all guidelines. Let's safely support local as much as possible during this time.

The Town office, public spaces and facilities are open to public. There are facility specific guidelines and limited access to the Community Hall and Community Center as we align with current public health orders, please call 306-768-2515 to inquire or book. You will see signage at all of our public spaces and we ask that you read and respect these.

**Together we are a COMMUNITY. Together we will support each other as citizens and businesses. Please remember to source accurate information, ask questions and be kind of each other's varying level of risk tolerance.**