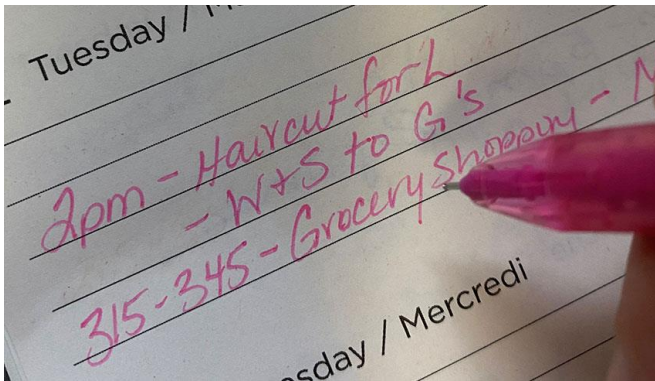




| COVID-19 | COVID is everywhere! Know your contacts, just in case

With COVID-19 cases on the rise in Saskatchewan – including the more transmissible and impactful Delta variant – it’s a good idea to track who you see, where you go and when, just in case you test positive for COVID-19.

Noting these things in a paper day planner, notebook, or on your phone in a calendar or simple note, can be immensely helpful if you do test positive for COVID-19 and your close contacts need to be notified.



A contact record can help significantly slow the spread of the COVID-19 virus, as it allows those doing the contact tracing to know who to contact right away. For example, if you go to the grocery store one day, note the location, day and time you were there and who visited (if anyone) with you. If you visit someone’s house, list who was there while you’re there so you don’t have to try to remember later.

If you do test positive for COVID-19, don’t wait. Notify your close contacts when your symptoms start or you’re considering

getting a test – the earlier, the better. Contact anyone you were less than two metres apart from for more than 15 minutes, 48 hours before symptoms began or you had a positive test. Call any restaurants or businesses you visited during that period so they can share the information with their staff.

Your efforts will speed notification to people you know and prevent further transmission. For more information on COVID-19 case and contact management, including the definition of a close contact, and what to do if you are in contact with someone who tests positive, see the [Government of Saskatchewan’s COVID-19 website](#).

| COVID-19 | Protecting yourself at work

While at an indoor work setting, there are basic health and safety measures that can prevent the spread of COVID-19 among workers. Workers who test positive for COVID-19 should self-isolate immediately for at least 10 days. Workers not fully vaccinated who have been in close contact with a person with COVID-19 should self-isolate for 14 days as a precaution.

For more information on COVID-19 symptoms and testing, [visit the Government of Saskatchewan website](#).

All workers should:

- Always self-monitor for symptoms;
- Stay home whenever you are sick and seek a COVID-19 test;
- Wear a mask while at work;



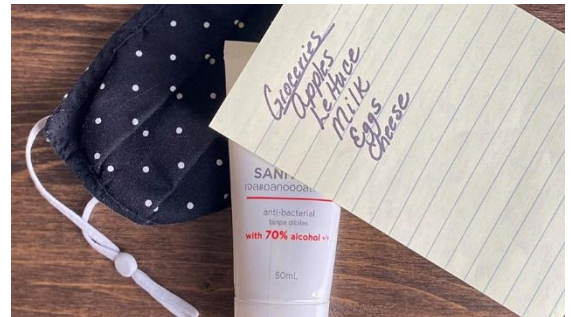
- Keep six metres of distance between you and others in the workplace;
- Wash hands often or use hand sanitizer;
- Practice proper sneezing/coughing protocols;
- Maintain a regular schedule to clean and disinfect common areas (doorknobs and shared spaces such as boardrooms and lobby seating areas); and
- Get vaccinated. Vaccination is one of the strongest safety measures people have to protect themselves, co-workers, family, friends, patients and residents.

Involve an occupational health and safety committee or worker representative to develop and promote health and safety measures for the workplace.

| COVID-19 | How to protect yourself while shopping

What should you do to protect yourself when you need to go shopping or run errands during a time when COVID-19 variants are on the rise in your community?

- Always self-monitor for symptoms and if you are not feeling well, stay home.
- Seek a COVID-19 test at one of the testing sites if you are experiencing symptoms or have been exposed to someone diagnosed with COVID-19.
- When indoors in public places, continue to wear a mask.
- Keep two metres of distance between you and others.
- Wash your hands often or use hand sanitizer.
- When shopping or running errands, plan to make your trips outside peak hours.
- Keep shopping time short and make a list.
- Review the [Know Your Risk Checklist](#) to help with assessing your personal risk when out and about.



Get vaccinated against COVID-19.

| COVID-19 | Don't put off being vaccinated!

After living through a tug-of-war with death, COVID-19 survivor Shirley Maddin has a message for the unvaccinated: “Don't be bullheaded. Get the vaccine.”

Her daughter, Sue Maddin, is even more direct.

“Don't be fricking stupid. Everybody was vaxxed as a child. What's your damn problem now?”



Shirley got COVID-19 in early April 2021. At that time, the 70-year-old was living in a seniors’ apartment complex in Lloydminster, having moved there from her farm north of Paradise Hill. She was self-sufficient and independent – traits that were essential earlier in her life while managing a large market garden and raising a big family along with cows, pigs and chickens.

Now, Shirley is living with Sue and needs help with simple, everyday tasks.

“I can’t do the things I did before COVID,” she said. “It drastically changes your ability to function.”

Added Sue, “She had to learn how to swallow, breathe, eat, walk, talk, sleep all over again. A little five minute walk and she’s out of gas. She can’t go far. She can’t stand long. She’s on oxygen. She’s made progress. When she first got out of hospital, I had to cut her food smaller than [I would for] a toddler. She needs constant care. We’re hoping she can be independent but I don’t know if that’s possible.”

This previously healthy non-smoker now has chronic progressive pulmonary disease, Type 2 diabetes and atrial fibrillation – an irregular, often very rapid heart rhythm that can lead to blood clots in the heart.

“I can get full taking all these pills,” said Shirley who now takes more than 20 pills daily. Pre-COVID, she took six.

Shirley had always intended to get vaccinated – she strongly encouraged her children to do so. She just put it off. She practiced infection and prevention control measures like masking and social distancing and thought that would be enough until she got the jab. The virus had other plans.

In all, Shirley was in hospital from April 16 to July 6. Much of that time was spent in the intensive care unit (ICU) at St. Paul’s Hospital in Saskatoon. She was admitted there after being airlifted to the facility via STARS from Lloydminster. She has no memory of what happened during the first two months at St. Paul’s because she was in a medically induced coma after being intubated.

While Shirley was unconscious, her family were coming to terms with the cold reality that their mother may die.

“It was so touch and go,” said Sue.

On three occasions, hospital staff contacted Shirley’s six children – Richard, Jennifer, Janice, Tammy, Justin and Sue – to come say goodbye.

The emotional ups and downs were made all the more difficult by the fact that, for the first month of Shirley’s hospitalization, COVID restrictions required Shirley’s family to sit in the hallway, outside of her room.

“We couldn’t hold her hand or talk to her. That felt awful,” said Sue.



Shirley Maddin in the intensive care unit, as seen by her family through the glass outside her hospital room.



Even as restrictions eased, only two people at a time were allowed in the ICU and, after Shirley’s health improved and she was moved to an inpatient unit, only one family member could see her at a time. Visiting was a juggling act for the family – many of whom had to travel.

Despite the difficulties Shirley now faces, she says she’s grateful to be alive and credits the power of prayer and her medical team for making it so.

“I prayed every day while I was in hospital for recovery so I could be here with my children,” she said. “I’ve been told I’m a miracle. They didn’t think I would make it.”

Sue said people need to understand that its medical professionals, not Dr. Google, who they need to listen to.

“Sit in the ICU. I did. I sat and watched people die. I learned it’s all the unvaccinated people who end up in the ICU. Talk to the medical professionals who deal with this every day, who are saving lives, who are working so frickin’ hard.

“Without that ICU staff, mom wouldn’t be here.”

| COVID-19 | v is for Vaccination, V is for Victory

Just like her favourite superhero, Morgan MacFarlane is fighting to defeat a scourge attacking humankind. Captain America’s foes, at least in the movie Captain America: the First Avenger, are Nazis. Morgan’s is COVID-19.

The reason Morgan has taken on this cause is simple.

“I can’t do all the stuff I want to do (since the pandemic),” said the 10-year-old from Saskatoon. “Like hockey got cancelled, but then it opened again, but I had to wear a mask.”

Another thing she hasn’t been able to do is attend comic book conventions, including the one in Edmonton earlier this month. She had planned to cosplay as her superhero until the event was cancelled.

She and her step-dad, Steven Boyd, had assembled her costume based on the “First Avenger” movie, set in the Second World War: a bomber jacket, a shield bearing the stars and stripes, a helmet, goggles and the superhero’s signature shirt.

She loves Captain America because “he’s a cool superhero and he helps people.”

When the convention was cancelled, Morgan’s disappointment was super-sized. “It’s hard to see your child hurting,” said Boyd. “The pandemic has been hard on everybody,” said Boyd.

Boyd and Julie MacFarlane, Morgan’s mom, decided to make the set-back a teaching moment.

“I took the angle that Captain America doesn’t just fight bad guys. He’s also a leader and he helps inspire people,” said Boyd. “I said, ‘Why don’t we do a war time campaign on social media featuring Morgan as Captain America? It’s like an old war bonds campaign you’d see in the 1940s.’”



Julie MacFarlane, Morgan’s mom, thought this was a great idea. She said the war bonds campaign, which got people to invest in the war effort, was not unlike the vaccination drive taking place now.

“We feel this is a war we’re fighting right here,” she said. “In this war, we have superheroes, like front-line workers – nurses, doctors – and we need to provide support to them. That goes hand-in-hand with the campaign.”

That’s how Morgan’s “V for Vaccination! V for Victory!” initiative was born.



Since mid-September, Morgan and her family have been encouraging people to get vaccinated and show their support for vaccination by sharing a photo or videos of themselves holding up their index and middle fingers in the shape of a V to represent both vaccination and victory.

They’ve reached out to friends and family along with prominent care providers and local celebrities – all of whom have been happy to support the cause.

Among them are Saskatoon Mayor, Charlie Clark ; Dr. Susan Shaw, Saskatchewan Health Authority’s

chief medical health officer; Dr. Katherine Smart, president of the Canadian Medical Association; Dr. Hassan Masri, an intensive care specialist in Saskatoon; as well as several firefighters and her hockey coach, who is also a City of Saskatoon police officer. The photos and videos are posted on Boyd’s Facebook page.

Morgan’s dream is to one day meet the actor Chris Evans, who played Captain America in the “First Avenger” movie, and Prime Minister Justin Trudeau.

Morgan said her initiative is important because, “kids like me can’t get vaccinated. We need to encourage the adults around us to get vaccinated. It keeps your friends and family safe.”

Although Morgan is too young to get vaccinated, she is eager for that time to come.

“Morgan has made it abundantly clear that when she’s eligible, she’ll be first in line,” said Boyd.

/ COVID-19 / Get your COVID and Flu Shot Together

If you’ve been waiting to receive your COVID-19 vaccine, you will soon have a new avenue to get one.

The COVID-19 fourth wave surge is creating significant pressure on both our health care system and health care providers. Preventing illness and hospitalizations related to influenza is vital to ensuring our hospitals and other health



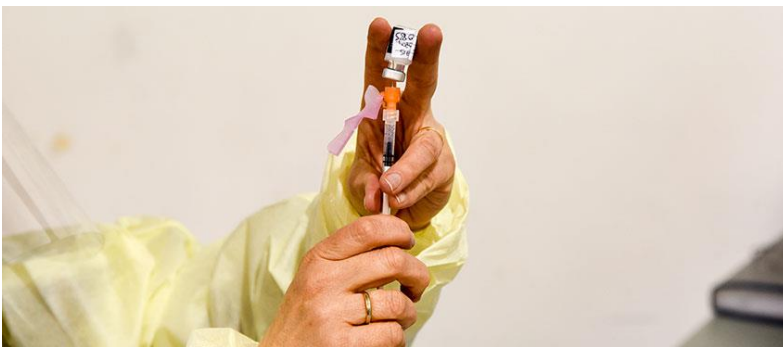
care facilities have the space and the resources available to care for those with the most urgent or emergent care needs, including influenza and/or COVID-19.

Flu vaccine clinics open in Saskatchewan Oct. 12, and SHA clinics will be offering both flu and COVID-19 immunizations. COVID-19 vaccination, including boosters, will be available at most SHA public flu clinics to anyone eligible to receive it. Patients looking for both a flu and COVID-19 vaccine only require a single appointment in the booking system. Health providers are trained to offer both vaccines to those eligible in the same appointment time.

“It is completely safe to receive both your flu and your COVID-19 vaccine at the same time,” noted Dr. Tania Diener, COVID-19 Immunization Co-Chief, Emergency Operations Centre (EOC) for the Saskatchewan Health Authority. “Previously, we had avoided delivering COVID-19 vaccines to anyone who received another recent vaccination. However, since that time, evidence has shown that it is safe to receive your COVID-19 vaccine alongside another shot.”

All Health Canada-approved COVID-19 vaccines can now be given at the same time as other vaccines. There’s no wait-time required before or after you receive your COVID-19 vaccine, and no additional safety risks or adverse events have been identified by the flu and COVID-19 vaccine being given at the same time.

“If you have not received your COVID-19 vaccine, now is the time to get it, and get a flu vaccine at the same time,” Diener noted. “It is very important to get your flu shot to protect yourself and those around you from the Influenza virus, especially as COVID-19 is circulating at the same time. And it is very important for you to receive your COVID-19 vaccine, to protect you from that disease. Influenza vaccination does not protect you against COVID and COVID vaccination does not protect you against Influenza.”



This year, individuals can book appointments for themselves and groups of up to six people through the SHA patient booking system, which can be accessed through 4flu.ca. Watch a video on how to use the patient booking system [here](#). Appointments can also be booked by calling SASKVAX (1-833-727-5829). Details on clinic locations and booking appointments are also available on 4flu.ca.

Anyone six months of age and older can receive the flu shot. Getting vaccinated is especially important for people at high-risk of influenza complications (pregnant women, young children, elderly (65+), persons with underlying health conditions, immune-compromised) and their caregivers, and those who care for the people who cannot receive Influenza vaccine, including children less than six months of age.

There are number of options available for adults and children over five years of age to receive their flu shot. The vaccine is available by appointment or walk-in at Saskatchewan Health Authority (SHA) public flu clinics across the province, at some physician and nurse practitioner offices, and some pharmacies. Children aged six months to five years must be



immunized at a public health clinic or by a physician or nurse practitioner. COVID-19 vaccine will also be available at most SHA public flu clinics for those who are eligible to receive it.

By receiving your flu vaccine, you will help protect those at higher risk of complications as well as those who are unable to receive it. You will also help minimize your own risk of developing illness that leads to sickness and hospitalization that places an additional burden on hospitals in Saskatchewan that are already under significant pressure due to COVID-19.

Getting your flu shot this year will be much the same as last year. **You will need to make an appointment ahead of time. You'll be asked to wear a mask** – bring a non-medical mask from home or you will be provided a mask at the clinic. **Physical distancing measures will be in place, and staff will be wearing appropriate personal protective equipment (PPE)** such as masks, as well as implementing other **necessary infection control practices**.

| COVID-19 | QUICK LINKS:

[Public Health Orders
Testing Information](#)

[Vaccine Update
SHA News Stories](#)