



**Date: January 3, 2022**

**From: COVID-19 Task Team and HFN Council**

**Re: Rapid Antigen Tests (RAT)**

Aaniin Hiawatha Citizens,

We have received our supply of RAT kits. These test kits will be made available for pick up at the **LIFE Services Centre on Monday, January 3 from 1:00 – 4:30 pm and Tuesday, January 4, 2022 from 8:30 a.m. – 6:00 p.m.**

The test kits include: **5 Rapid Antigen Tests/Box (1 box per household)**

Due to the short supply of RAT tests available, only use these tests if you have symptoms of COVID-19, or been in contact with a COVID-19 case. Do not use these test for the purpose of being able to gather.

We will also have testing available at the LIFE Services Centre on Mondays and Thursdays, starting Monday, January 10, 2022. This testing will be available by appointment only. More details will follow.

1. Confirm the result:
  - If you test positive, self-isolate immediately. All household members also need to isolate. Should one or all of the household members test positive during this time you will all need to start the self-isolation period over again.
2. Self-isolate:
  - This means that you should only leave your home for critical reasons (like a medical emergency) and avoid contact with other people (including your household members).
  - Isolation period is 5 days if you are fully vaccinated (2 doses) or 10 days if you are not vaccinated or partially vaccinated.
  - Book a PCR test. First Nations Peoples are still able to book PCR testing. If your confirmatory test is positive, you will need to continue self-isolating, and your local public health unit will be in contact with you. If you are negative you can come out of self-isolation.
  - If you do not get a PCR test, you should remain self-isolated until you have 2 negative antigen test results. The tests can be taken on day 6 and day 7 if you are required to isolate for 5 days, and day 11 and day 12 if you are required to isolate for 10 days.

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