



### Alert level 3

- Marystown and surrounding communities are now in **Alert Level 3**: <https://www.gov.nl.ca/covid-19/alert-levels/alert-level-3/>.
- **Sacred Heart Academy** will be initiating virtual learning on Monday, October 25. **Donald C. Jamieson Academy** will transition to virtual learning as a precaution with an ongoing public health investigation on Monday, October 25. All other schools on the Burin Peninsula have implemented enhanced public health measures as advised by Public Health in collaboration with the Newfoundland and Labrador English School District (NLESD).
- **Non-essential travel** from the Burin peninsula area to other areas of the province is not recommended at this time. Travel in and out of areas identified in alert level 3 should also be limited within the Burin peninsula unless deemed essential.
- **Stay at home as much as possible.** Those at higher risk of complications due to COVID-19 should not go out, except to get essentials like groceries and medications.
- **Limit your household bubble interactions to up to 10 consistent contacts.** This will help to limit the number of contacts that each person has to prevent further spread of COVID-19.

### Public health update

- The investigation of a cluster of COVID-19 cases related to the Marystown and surrounding area is ongoing. The source of the cluster is under investigation. New cases are being identified daily and contact tracing is underway.
- To date, there have been **50 confirmed cases of COVID-19** connected to the cluster. The majority of cases identified in the cluster are under 20 years of age. As a result, activities and organizations involving children have also been impacted. All identified cases are in isolation.
- **Public notifications** for possible COVID-19 exposures are issued when Public Health is **not** able to identify or reach all contacts directly. Some locations, such as schools, day cares, and some businesses/organizations, are not included in public exposure notices. Notifications are listed on the provincial website: <https://www.gov.nl.ca/covid-19/updates-resources/potential-covid-19-exposures/>.
- Public health provides advice and support for people who test positive for COVID-19 during their isolation period. Anyone who is a close contact receives a notification from public health and given instructions specific to their vaccination status.
- Remember, the best way to reduce the spread of COVID-19 in your community is to:
  - Wear a mask.
  - Practice physical distancing.
  - Wash your hands often.
  - Stay at home and away from others if you are sick, unless it is to seek medical attention.
  - Get tested if you develop any one COVID-19 symptom.
  - Get two doses of the COVID-19 vaccine, once available to you.

### COVID-19 testing clinics update

- COVID-19 testing is **by appointment only**. To book an appointment, individuals can complete the COVID-19 self-assessment and testing referral tool online at <https://covidassessment.nlchi.nl.ca/>.
- The drive-through COVID-19 testing in place today at the Marystown Community Service Building, 10-12 Harris Drive Industrial Park has **extended hours, from 9:00 a.m. to midnight**. Full details at: <https://news.easternhealth.ca/2021/10/22/eastern-health-opens-additional-drive-through-covid-19-testing-on-the-burin-peninsula/>.
- Since Wednesday, we have tested over **1,600 individuals** with close to **650** appointments booked for today.
- Test results are usually available within 24-72 hours. Individuals are directed to follow public health guidelines for self-isolation and retesting.

- Individuals can **call 811** if unable to complete the online assessment to book a COVID-19 testing appointment.

## Local health operations update

- Hospital and health care centres remain open. Temporary **visitor restrictions** for hospital patients and long-term care and personal care home residents on the Burin Peninsula are now **in effect**. Full details: <https://news.easternhealth.ca/2021/10/22/eastern-health-implements-visitor-restrictions-on-the-burin-peninsula/>.
- Individuals who are not seriously ill are reminded to avoid hospital **emergency departments**. In case of an emergency, individuals should go to the nearest emergency department or call 911 for an ambulance.
- Those who are experiencing any one or more symptoms of COVID-19, should complete the COVID-19 self-assessment and testing referral tool online at <https://covidassessment.nlchi.nl.ca/>.
- If there is a change in a person's health status, individuals should contact their regular health provider or call the NL Health Line at 811 / TTY 1-888-709-3555, to speak to a registered nurse 24 hours a day, seven days a week.

## COVID-19 vaccine clinics update

- COVID-19 vaccines are safe and effective. Anyone who is eligible to get COVID-19 vaccine is encouraged to do so. COVID-19 vaccine clinics are scheduled for:
  - Marystown (Wamic Holdings Ltd., McGettigan Drive) on Oct. 27, from 10:00 a.m. to 3:30 p.m. **by appointment only**, and from 3:30 to 6:30 p.m. **walk-ins welcome**.
  - Marystown (Wamic Holdings Ltd., McGettigan Drive) on Nov. 3, 10, 17 and 24, from 10:00 a.m. to 3:00 p.m. Walk-ins will be accepted as capacity allows.
  - Grand Bank (50+ Club, 17 Riverside Drive West) on Nov. 17, from 10:00 a.m. to 3:00 p.m. Walk-ins will be accepted as capacity allows.
- Clinics will be offering first and second doses of vaccine to individuals 12 years and older.
- Due to increased demand, appointments are strongly recommended. Individuals may book appointments throughout the Eastern Health region by visiting [www.gov.nl.ca/covid-19/vaccine/gettheshot/](http://www.gov.nl.ca/covid-19/vaccine/gettheshot/).
- For more information on COVID-19 vaccine clinics, visit: <https://www.easternhealth.ca/covid19/vaccine/>.