

3. **Continue to follow all recommended public health measures, and especially avoid close contact, crowds, and closed spaces with people outside of your household.** Other key public health measures to follow:
 - Maintain physical distancing.
 - Practice frequent hand washing or sanitizing.
 - Wear close-fitting, 3-layer masks in public where physical distancing cannot be maintained.

4. **If you have not received the COVID-19 vaccine, consider getting it.** Contact your community's nurse-in-charge or the health clinic if you wish to be vaccinated.

Some of these measures will be difficult, but your safety, and the safety of your family and community is most important now. Community members who are struggling will require kindness and support. Let friends and family know they can reach out to NAN Hope which is available 24/7 at [1-844-NAN-HOPE](tel:1-844-NAN-HOPE) or nanhope.ca to help. Counselling in all three NAN dialects is available, as well as traditional and Christian counsellors.

With the success of Operation Remote Immunity and more vaccines rolling out across the province, we are getting closer to the end of this pandemic. There will be a time when people will be able to celebrate again in large gatherings and travel to see family again, but right now the situation in Ontario is too dangerous to move away from the measures that have kept communities safe. We encourage all community members to remain strong and continue to fight this virus with the courage, determination, and dedication that has distinguished the Nishnawbe Aski First Nations' and organizations' response to COVID-19 so far.

Signed,

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