



## Press Release

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### Non-Resident Tests Positive for COVID-19

March 22, 2021, 8:30am – A non-resident tested positive for COVID-19 on March 17<sup>th</sup> in Kotzebue. The individual has mild symptoms and is linked to a known positive COVID-19 case. They are in isolation in Kotzebue.

**While some communities throughout the Maniilaq service area may not have *known* active positive COVID-19 cases currently, it is important to continue to stay vigilant and follow recommended preventative measures.**

We need your help in slowing the spread. We all play a part in keeping our loved ones safe. The power of simple tools such as getting vaccinated, social distancing, avoiding gatherings, wearing a mask and hand washing make a difference.

Maniilaq Public Health Nursing is working with the State to conduct contact tracing and will reach out to anyone who may have come into significant contact with these cases. If residents believe they have been exposed to COVID-19 and develop a fever and symptoms, such as a dry cough or difficulty breathing, call your healthcare provider for medical advice or call Maniilaq's COVID-19 Hotline at 833-442-7015. The following symptoms may appear 2-14 days after exposure:

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle pain or body aches
- Headache
- Sore throat
- New loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea

**Please follow the health mandates put in place by your community.** It is important you are not actively out in the community during the quarantine period put in place by your community.

For the latest COVID-19 information, visit our website at [www.maniilaq.org/covid-19](http://www.maniilaq.org/covid-19).

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Kotzebue Qikiqtaruk, Ambler Ivisaappaat, Buckland Nunatchiaq, Deering Ipnatchiaq, Kiana Katyaak, Kivalina Kivaliniq, Kobuk Laugviik, Noatak Nautaaq, Noorvik Nuurvik, Point Hope Tikigaaq, Selawik Akuligaaq, Shungnak Isinnaq