



## Community Update – November 2, 2020

### Emerging Wisely Current State: Relaxing Phase 2 – Next Steps

#### NWT Online COVID-10 Self Assessment Tool

With the return of cool weather, and spending more time in doors, we are going to begin seeing the return of seasonal colds and the flu, both of which can share similar symptoms with COVID-19.

The NWT self-assessment tool is to help determine whether you should visit a health care provider for further COVID-19 related assessment and testing. You can complete this tool for yourself or for someone else if they are not able.

If you are experiencing severe symptoms such as difficulty breathing, do not proceed with the self-assessment tool. Call 911 or the health care center at 587-3333.

The Northwest Territories Chief Public Health Officer strongly urges all residents to practice social distancing and follow healthy respiratory practices, including:

- Staying home if you are sick
- If you are sick, avoid close contact with others
- Turn and cover your mouth and nose when you cough or sneeze
- Throw used tissues in the garbage
- Wash your hands for at least 20 seconds
- Clean and disinfect high touch surfaces

**To begin the COVID-19 Self-Assessment go to** <https://www.surveymonkey.com/r/nwt-covid19-self-assessment>

For further information please contact the Town Office at 587-3700 during our business hours of 8:30AM – 5:00PM. You may also email us at [towninformation@normanwells.com](mailto:towninformation@normanwells.com).