‘COVID Fatigue’ Is Real, Community Must Remain Cautious

Six Nations of the Grand River (SNGR) community went over a week without the report of any new active cases of COVID-19 until Saturday November 21 with two new cases, currently there are three active cases in the community.

Having conquered over 9 months of this COVID pandemic, it is fair to acknowledge that SNGR community members are becoming tired of it all.

Maybe you are in the health care or front line side of things, working non-stop. Or maybe you are longing to gather with friends and family to celebrate milestones, and other social gatherings. You are not alone.

We thank the community for doing their part to flatten the previous September-October outbreak and continue to do their part throughout this pandemic to “Protect our People.”

Wearing face coverings, keeping alert to physical distancing, constant hand washing and cleaning, and reporting mild symptoms seem more challenging to commit to than before, but we must not let our ‘COVID fatigue’ take over.

“I know we are all tired of COVID, believe me I am right there with the community on that. But now is not the time to let our guards down. We must remain vigilant in our response to this ongoing pandemic.” Said Lori Davis Hill, Director of Health Services, “Think of summer 2021 as your motivation to continue to remain observant of these measures.”

A brighter future can happen much sooner if each community member continues to do their part to fight this pandemic battle, this invisible enemy.

As Haudenosaunee, we are resilient warriors, and now more than ever we all need to pull on those traits, asking our ancestors for strength to remain vigilant as we battle through the second wave of COVID.

Avoiding any type of social gathering is vital in slowing the spread. COVID-19 cannot seek a new host unless transmission or travelling happens from person to person.

During these times of isolation the community are reminded of ceremonies where solitude must happen, such as fasting. Turning our mindset in a positive light and consider 2020 as the year we all fasted as a community, not necessarily from food but social gatherings, and we can come out of this pandemic with minimal losses.

“The numbers in the province are predicted to increase to 2500 to 6500 new cases per day by the beginning of December with lack of strict public health measures. Said Director of Health Services, Lori Davis Hill. “Each individual has to do their part in stopping the spread of the virus.”

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