



**CORONAVIRUS
(COVID-19)**

**WHAT TO DO WHEN
ARRIVING ON HAIDA GWAI**

Stay home and save lives

**The Council of the Haida Nation,
Skidegate Band Council and Old
Masset Village Council recommend
everyone arriving via
plane or ferry
take extreme caution**

Prevention is the best way to protect yourself, your family, and our communities from Coronavirus (COVID-19). This pandemic has potential consequences for everybody's health on Haida Gwaii.

COVID-19 is a respiratory disease spread by droplets produced when an infected person talks, coughs or sneezes. These bodily fluids can be transmitted by inhaling the droplets and surface contamination. It may take up to 14 days for symptoms to appear after exposure to the virus.

How to protect yourself and others from COVID-19

- **If you have travelled off-Island, you should self-isolate for 14 days upon returning home**
 - Wash hands often and carefully with soap and water for at least 30 seconds
 - Avoid touching your face, especially your eyes, nose and mouth
 - Cough/sneeze into your arm sleeve or tissue (carefully dispose of tissues and wash your hands afterwards).
 - Avoid close contact with people, including shaking hands, hugs, and kisses. The recommended distance is to keep at least 6 feet away from others.
 - If you are sick with a cold, flu, or feel unwell, immediately isolate yourself from others. **If you think you need medical care, phone the Northern Health Hotline.**
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EVERYONE ARRIVING ON HAIDA GWAI IS STRONGLY URGED TO STAY HOME AND AVOID FAMILY AND FRIENDS FOR 14 DAYS.

SELF-ISOLATION MEANS:

- Stay at home – do not go to work; do not go to public areas
- If possible, other household members should stay in another home or residence, *especially if they are Elderly, have chronic health conditions, or compromised immune systems*
- If you can't be separated from others, wear a mask or cover your nose and mouth with a tissue when others are in the room. Create as much space as possible between you and other people in your household and sanitize all shared spaces frequently
- Have a family member or friend who has NOT been exposed do your shopping and other essential errands
- Do not invite visitors to your home or share a vehicle – anyone within 6 feet is susceptible to transmission
- Monitor yourself for symptoms.

The most common symptoms of COVID-19 are:

- fever
- tiredness
- dry cough

Severe cases may include difficulty breathing.

This is the recommendation whether you are showing symptoms or not. Although this might be challenging, self-isolation can significantly protect your household and our communities in the event you have been exposed to COVID-19 while away.

After 14 days, if you have not developed any symptoms, continue with social distancing according to the BC Centre for Disease Control.

If you develop a fever, cold symptoms or a cough, use the on-line BC COVID-19 Symptom Self-Assessment Tool or call the Northern Health Hotline to help decide if you require medical attention.

If you need to see a doctor, **phone first** so the medical system can prepare for your visit and ensure you are not left waiting where the virus can be spread to others.

Northern Health Hotline

1-844-645-7811

Southern Haida Gwaii Hospital

250-559-4900

Northern Haida Gwaii Hospital

250-626-4702 or 250-626-4700

Additional information is available at:

- First Nations Health Authority < fnha.ca >
- Northern Health / Stories < northernhealth.ca >
- Canada's COVID-19 Outbreak Updates < canada.ca/covid >
- BC Centre for Disease Control < bccdc.ca >
- BC COVID-19 Symptom Self-Assessment Tool < covid19.thrive.health >

**Dalang 'waadluxan damaxan tll king ga
Dalang waadluuwaan damaan tl' kinggang
*You all take good care of yourselves***

For more updates visit haidanation.ca