



CORONAVIRUS (COVID-19)

WHAT TO DO WHEN ARRIVING ON HAIDA GWAI

Council of the Haida Nation recommends

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 here on Haida Gwaii.

EVERYONE ARRIVING ON HAIDA GWAI IS STRONGLY URGED TO STAY HOME AND AVOID FAMILY AND FRIENDS FOR 14 DAYS.

**Whether you are showing cold, flu, or COVID-19 symptoms or not,
PLEASE STAY HOME & HELP SAVE LIVES**

Although this might be challenging, "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 COVID-19 symptoms, continue with social distancing according to the BC Centre for Disease Control.**

How to prevent the spread of COVID-19

- 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 at least 6 feet
- If you are sick with a cold, flu, or feel unwell, immediately isolate yourself from others
- **If you have travelled off-Island, you should self-isolate for 14 days**

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

Common COVID-19 Symptoms

- Fever
- Dry cough
- Difficulty breathing

If you have any of these symptoms, phone HealthLinkBC at 8-1-1.

Additional information is available at < bccdc.ca > and local information at < haidanation.ca >