



July 29, 2020

Xaayda laas,

UPDATE – COVID-19 community outbreak on Haida Gwaii

Ongoing contact tracing and testing for COVID-19 on Haida Gwaii has identified six additional lab-confirmed cases July 29, 2020 related to a community outbreak declared on July 24.

The additional cases do not represent a significant expansion of the outbreak, nor do they suggest wider spread of COVID-19 in Haida Gwaii communities.

All of the active cases continue to self-isolate at home, and none has required hospital care to date. Northern Health and the First Nations Health Authority continue to work with Health Centres, Council of the Haida Nation and municipal governments on Haida Gwaii, to coordinate the community response to the outbreak. This includes ensuring individuals who may need to self-isolate outside their home community, or nearer to a higher level of care, have the support they need.

Close contacts of any confirmed cases will be informed by public health officials, and supported in actions they should take, such as self-monitoring or self-isolating. It's very important that anyone experiencing potential COVID-19 symptoms self-isolate, and contact their primary care provider or the NH COVID-19 Online Clinic & Info Line ([1-844-645-7811](tel:1-844-645-7811)).

*To help bend the curve on Haida Gwaii and stop the spread of COVID-19, we encourage community members to **Be Safe**:*

- *Stay home as much as possible*
- *Get tested if you are having any COVID-19 symptoms or are feeling sick*
- *Maintain **physical distancing** of greater than two metres – this is more important than ever*
- *Wash your hands often with soap and water for at least 30 seconds*
- *Use hand sanitizer when not able to wash your hands*
- *Wear a mask when in public*

See <northernhealth.ca>



Symptoms of COVID-19

The symptoms of COVID-19 are similar to other respiratory illnesses including the flu and common cold. **The most common symptoms of COVID-19 include:**

- fever (see below)
- chills
- cough or worsening of chronic cough
- shortness of breath
- sore throat
- runny nose
- loss of sense of smell or taste
- headache
- fatigue
- diarrhea
- loss of appetite
- nausea and vomiting
- muscle aches

While less common, symptoms can also include: stuffy nose; conjunctivitis (pink eye); dizziness, confusion; abdominal pain; skin rashes or discoloration of fingers or toes.

Fever: Average normal body temperature taken orally is about 37°C. For more on normal body temperature and fevers, see HealthLinkBC's information for [children age 11 and younger](#) and for [people age 12 and older](#). Infants less than three months of age who have a fever should be assessed by a health care provider.

Children have similar symptoms to adults, but are less likely to have fever, shortness of breath or cough. COVID-19 causes mild illness in the majority of cases in children.

COVID-19 symptoms can range from **mild to severe**. Sometimes people with COVID-19 have mild illness, but their symptoms may suddenly worsen in a few days.