



# HAIDA GWAI STATE OF EMERGENCY

**If you have any sign of illness, however mild, self-isolate from other members of your household and the community and seek testing for COVID-19 immediately. COVID-19 symptoms include: fever, cough, shortness of breath, sore throat, runny nose, loss of smell.**

**If you experience any symptoms, phone Northern Health's Online Clinic: 1.844.645.7811**

If you test positive, you are encouraged to self-report to one of the Health Center Emergency Operations Centers.

## COVID-19 EMERGENCY MEASURES IN EFFECT UNTIL FURTHER NOTICE

### KEEP YOUR SOCIAL CIRCLE SMALL

Until there is a vaccine or immunity, limit social interactions and always consider the risks COVID-19 present to you, your family, friends and community.

- **Keep your circle small.** Be very careful with your social interactions.
- **Parties and other gatherings are not permitted during the COVID-19 pandemic.**
- When interacting with people who are not in your social circle, gather outdoors (for example, meet in your yard or at the beach).
- Always consider the interactions each person within your social circle has had and remember how easily the COVID-19 virus can spread.
- Elders, those with compromised immune systems and people with chronic conditions are especially vulnerable to COVID-19. Use extra care and caution with your interactions.

**You may need to pull back your circle in the event of an outbreak – follow CHN and local EOCs to stay up to date.**

### RESPECT PHYSICAL DISTANCING & PRACTICE GOOD HYGIENE

Only leave home when you are in good health and respect the following:

- Physical distancing: keep at least 2 metres / 6 feet away from people who are not from your household.
- When physical distancing is not possible it is strongly recommended that you wear a non-medical/cloth mask. Make sure to practice proper mask hygiene.
- Wash hands thoroughly and often with soap and water for 30 seconds; if soap and water are unavailable, use hand sanitizer.
- Avoid touching your eyes, nose or mouth; if you need to touch your face, wash your hands before and after.
- Cough or sneeze into your arm sleeve or a tissue (*immediately dispose of tissue and wash hands*).
- When out and about in the community, give priority to Elders and always give them safe physical distance.

### INDOOR GATHERING PLACES

All offices, businesses and services open to the public must ensure COVID-19 protections are in place at all times, such as physical distancing and hygiene standards. All must comply with current provincial health and WorkSafeBC standards and have COVID-19 Safety Plans in place.

- Individuals and businesses are encouraged to record interactions with others.
- Keep track of where you have been, dates, and people you have interacted with.

### OUTDOOR SPACES

Outdoor spaces are important for health, exercise, and well-being. Always maintain physical distance with people outside of your circle, even when outdoors. Use facilities at your own risk and sanitize shared surfaces (for example, playgrounds and other shared surfaces).

### LOCAL ON- ISLAND TRAVEL

When traveling between Island communities, do so carefully. Always respect physical distancing, practice good hygiene and consider wearing a non-medical mask when in indoor public places.

### TRAVEL TO / FROM HAIDA GWAI

**The virus moves wherever people move. We all share a responsibility to protect ourselves, our families and each other.**

- **Residents should not travel off-Island unless essential.** For example, “essential” includes medical travel, which is important and encouraged. It also includes urgent family matters and essential work off-Island.
- Follow strict physical distancing and good hygiene measures if you must travel off-Island.
- If you have travelled on a flight, check the BC Centre for Disease Control website for possible COVID-19 Public Exposures <bccdc.ca>

### Isolation

- Residents traveling from any location should self-isolate for 14 days upon return.
- Support is available through local authorities and EOCs.

**Non-resident travel to Haida Gwaii is not permitted at this time.**

### ESSENTIAL WORKERS & MANDATORY ISOLATION PROCESS

Those coming to Haida Gwaii to conduct essential service work must apply through the Council of the Haida Nation and include a Safe Work Procedure and Safe Community Plan. Essential service workers need to self-isolate and / or follow requirements according to Work Permits issued, follow physical distancing measures and hygiene guidelines during isolation and after. Contact <essentialworkpermits@haidanation.com>