



First Nations Health Authority  
Health through wellness

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## **FNHA ADVISING COMMUNITIES TO AVOID LARGE GATHERINGS AND UNNECESSARY TRAVEL**

The First Nations Health Authority is advising all communities to avoid unnecessary travel and attendance at large public gatherings because of the risk of spreading the COVID-19 at the gathering.

This week the World Health Organization (WHO) declared a pandemic, signaling a greater risk to widespread populations.

We understand people will be disappointed at the postponement of events and travel plans, but our common priority now is to slow the spread of the disease, contain the chain of transmission and protect our most vulnerable family and community members.

Attending large gatherings increases the risk of exposure and therefore the chance of participants getting infected and carrying the virus home to their communities and passing it on to their more vulnerable friends and family, particularly Elders, seniors and those with other health conditions.

The FNHA recommends social distancing, forgoing usual greetings (such as handshakes, hugging, kissing etc.), consideration of virtual gatherings and importantly staying home if you are experiencing any illness.

FNHA will postpone FNHA-hosted public events and will avoid sending staff to any large events held during this public health emergency.

If you have any questions about your health, you are encouraged to call \*811.

For more information please go to [www.fnha.ca/coronavirus](http://www.fnha.ca/coronavirus)