



HIGaagilda · Skidegate

## **Emergency Operations Centre Information**

skidegate.ca · facebook

Sunday, November 15, 2020

The Skidegate Emergency Operations Centre has been notified that there is a single positive Covid-19 case in Skidegate. This bulletin is being distributed to counter any hearsay that may arise about this individual case and to assure members there is no reason to be alarmed.

The EOC, in consultation with First Nations Health Authority and Northern Health consider the risk to other community members as **VERY LOW** as the individual followed all public health and safety measures in addressing and reporting the case. The individual is self-isolating and in contact with health authorities to ensure their well-being and recovery. Contact tracing has also been completed and only one other person is self-isolating.

This single case is associated with off-Island travel and a reminder that complying with good health and safety practices is critical to keeping our community safe. The Skidegate EOC considers self-isolation upon returning to Haida Gwaii to be a key component in a good personal/family health plan. Please take the request to self-isolate seriously and contact the EOC if you require support to self-isolate upon return home.

At this time, the EOC believes there is no concern regarding further transmission within the community as the individuals are following all public health and safety measures.

Within Skidegate, the EOC sees a high level of compliance with Covid-19 health and safety measures. These simple measures are very effective in limiting the spread of Covid-19 – wear a mask, wash your hands frequently and practice social distancing – and keeping you and your family safe.

To date we are doing a really good job to manage the consequences of the pandemic and if we continue with these good practices we will be keeping ourselves, elders and the vulnerable as safe as possible.

*Skidegate Emergency Operations Centre*

# COVID-19 HOME SAFETY PLAN

Be prepared for the flu season and COVID-19. Take time to look over the Home Safety Plan with your family and other household members in the event a family member would need to self-isolate at home or would need to be hospitalized. What would that look like for you and your household?

## HOME AND COMMUNITY SAFETY MEASURES

1. Have disinfectant solution or wipes to clean commonly touched areas at home, such as door handles, toilet handle, light switches, counters, tables, bedside tables.
2. Liquid soap for hand washing and hand sanitizer for each family member when have to leave the house.

Each family member has a supply of non-medical masks readily available. Masks should be washed regularly and hung to dry. You should wash your hands or use hand sanitizer prior to putting on the mask and remember to not touch your face while wearing the mask.

3. Leave at least 2 windows slightly open daily or overnight to allow fresh air to flow through your home.

## HOME CHECKLIST

Daily self-assessment checklist.

- Thermometer to check for fever  
normal temp. range mouth: (35.5°C-37.5°C or 95.9°F-99.5°F)  
normal temp. range armpit: (36.5°C-37.5°C or 97.8°C-99.5°C)
- Prepared flu kit: Fluids such as apple juice, chicken broth/soup, ginger ale, Gatorade, teas, adult and/or children medication (gravol, Tylenol, flu meds)
- Family members are able to self-isolate at home
- Family safety plan & emergency contact list is posted on the fridge
- Grab n go bag

## IF I or A FAMILY MEMBER GET SICK. Fill in area that applies to you and your family

1. Emergency family/friend contact person is:

- a. \_\_\_\_\_ Phone # \_\_\_\_\_
- b. \_\_\_\_\_ Phone # \_\_\_\_\_
- c. \_\_\_\_\_ Phone # \_\_\_\_\_

2. If I have to go to the hospital, I can call – to look after my children:

- a) \_\_\_\_\_ Phone # \_\_\_\_\_
- b) \_\_\_\_\_ Phone # \_\_\_\_\_
- c) \_\_\_\_\_ Phone # \_\_\_\_\_

3. If I am sick or have to self-isolate, I can call the following people to shop for me and/or pick up my prescription.

- a) \_\_\_\_\_ Phone # \_\_\_\_\_
- b) \_\_\_\_\_ Phone # \_\_\_\_\_
- c) \_\_\_\_\_ Phone # \_\_\_\_\_