



# Haida Gwaii State of Emergency **STRIKING A BALANCE**

As we move into the fall season, Public Health's focus in response to COVID-19 is on **prevention, testing and contact tracing.**

## PREVENTION

BC is seeing an increase in COVID-19 cases. Prevention is vital and there are a few ways we can all do our part:

- Stay home if you are sick
- Wash your hands frequently for at least 30 seconds
- Keep your social circle small. To keep your family and community safe, only have close contact with people in your immediate household and work family
- Maintain a distance of 2 meters from anyone not in your circle, or wear a mask if physical distancing is not possible
- Avoid large events – gatherings are the biggest cause of COVID-19 community spread
- Self-monitor for symptoms on an ongoing basis

## TESTING

If you develop any symptoms, immediately self-isolate and contact your primary care provider or phone the Northern Health Online Clinic to talk with a nurse, doctor, or nurse practitioner for information, advice, or a virtual screening.

**Northern Health Online Clinic and Information Line: 1.844.645.7811**

**Provincial Health Line: 811**

.....  
*Getting tested is an act of responsibility and kindness. It protects our families and community. Support friends and family who get tested for COVID-19.*

## CONTACT TRACING

When there is a confirmed case anywhere in the north, public health is notified so that they can do the required contact tracing. Every effort will be made to protect the privacy of individuals who test positive and their close contacts. We want people to feel comfortable coming forward if they have symptoms of COVID-19 and require testing. *If you test positive, you are encouraged to self-report to one of the Health Center Emergency Operations Centers.*

.....  
**Let's all continue to practice emergency COVID-19 measures in a way that honours our Haida way of being.**

**Self-monitor:** Now more than ever, it is important to monitor for key signs of COVID-19. Common symptoms include: fever, chills, cough, shortness of breath, loss of sense of smell or taste, nausea, vomiting and diarrhea. Be aware of how warm you feel. The average body temperature is 37°C. If you sense a fever, take your temperature and, as much as possible, avoid using fever reducing medications (e.g., acetaminophen, ibuprofen) that can mask early symptoms of COVID-19; if these medications must be taken, advise your healthcare provider.

**Off-Island travel requires extra precautions when you return in case you bring COVID-19 home with you.**

Residents who have travelled should avoid public contact for 14-days upon returning to Haida Gwaii. Consider self-isolating and think about where you are travelling from and the risks to your family and community when planning your travels. It is extremely important to self-monitor during this time. Consider using free delivery services rather than going to stores.