



December 17, 2020

A reminder to the good people of Haida Gwaii,

Resident and essential travel is permitted, but all non-essential travel should be avoided including visiting with friends or family outside your household or core social circle or “bubble.” The virus moves wherever people move. We all share a responsibility to protect ourselves, our families and each other. Residents are reminded that medical travel is necessary and encouraged.

Everyone should carefully **assess the need to travel**, whether between communities or beyond Haida Gwaii.

BC has updated restrictions on businesses and gatherings, all Haida Gwaii businesses and gathering spaces must continue to follow the WorkSafe BC guidelines and update COVID-19 Safety Plans as necessary.

With increasing case numbers in BC and Canada, residents should take SOE measures very seriously. Keep your circle small, consider the health of Elders and vulnerable people you might interact with and take the utmost care to avoid public places when you return from off-Island travel.

Self-monitor for any COVID-19 symptoms, use BC’s online self-assessment tool if you feel unwell, and seek guidance from the Northern Health’s Online Clinic or your local health center.

Additional updates on the state of emergency and COVID-19 protocols will be posted as needed. Follow CHN on Facebook and online at <haidanation.ca>

Health Resources:

- **BC COVID-19 Self-Assessment Tool:** <https://bc.thrive.health/covid19/en>
- **Northern Health Online Clinic:** 1.844.645.7811
- **Xaayda Gwaay NgaaysdII Naay
Haida Gwaii Hospital and Health Center**
Daajing Giids *Queen Charlotte*
250.559.4900
- **Northern Haida Gwaii Hospital and Health Center**
Masset
250.626.4700

Links to Emergency Orders & COVID-19 restrictions:

- [Province-wide restrictions - Province of British Columbia \(gov.bc.ca\):
https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support/restrictions](https://www2.gov.bc.ca/gov/content/safety/emergency-preparedness-recovery/covid-19-provincial-support/restrictions)
- [Haida Gwaii State of Emergency | Council of the Haida Nation :
https://www.haidanation.ca/?page_id=11948](https://www.haidanation.ca/?page_id=11948)