

# **HAIDA GWAI**

## **STATE OF EMERGENCY**



### **WHAT TO DO WHEN**

### **ARRIVING ON HAIDA GWAI**

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**The Council of the Haida Nation encourages everyone arriving via plane or ferry to take extra precautions**

**Continue to practice emergency COVID-19 measures in a way that honours our Haida way of being**

## TRAVEL TO HAIDA GWAII

The Coronavirus moves wherever people move. We all share a responsibility to protect ourselves, our families and each other. Before arriving home, make sure that you have a plan to safely return to your family, work, and community. Use extra care and caution for 14-days upon arrival.

- Practice physical distancing when outside your home
- Wear a mask if you can
- Avoid Elders and those with compromised immune systems for two weeks
- Limit your interactions to work or family responsibilities, and consider accessing the free grocery delivery services if they are available in your community
- Avoid public places and social gatherings during this time
- Track public exposures
- Monitor for symptoms

*Ask yourself: Did I visit an area with a high number of COVID-19 cases? Are there high-risk people in my family who I need to protect? Do I have all of the safeguards and supports I need to return to my family, work, and community?*

Contact your local EOC to find out what information, resources, and delivery services are available during self-isolation.

**Non-resident leisure travel is not permitted at this time. You may encounter an information checkpoint when you return to Haida Gwaii. Information officers will have the most current State of Emergency measures.**

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## ESSENTIAL WORKERS

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>

## SELF-MONITORING

During the 14 days after your arrival 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
- Vomitting
- 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.

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## TESTING & SELF-REPORTING

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.

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.*

**Northern Health Online Clinic and Information Line: 1.844.645.7811**  
**Provincial Health Line: 811**

**Additional information is available at:**

- Canada's COVID-19 Outbreak Updates <[canada.ca/covid](https://canada.ca/covid)>
- BC Centre for Disease Control <[bccdc.ca](https://bccdc.ca)>
- BC COVID-19 Symptom Self-Assessment Tool <[covid19.thrive.health](https://covid19.thrive.health)>

## **STRIKING A BALANCE**

**Acts of care and kindness will keep our communities safe.  
Practice these measures at all times:**

### **Keep your circle small**

- Your circle is your household and a small number of people you do not maintain physical distance from
- Consider the most vulnerable people in your circle – Elders and anyone immunocompromised – when socializing outside your circle
- Socialize carefully – maintain physical distance and good hygiene

### **Respect physical distancing & practice good hygiene**

- Only leave home if you are in good health
- Stay at least 2m/6ft apart from people outside your circle – give priority to Elders
- Wear a mask when physical distancing isn't possible and practice good mask hygiene
- Wash your hands thoroughly and often (or use hand sanitizer)
- Avoid touching your face

### **Be mindful in indoor & outdoor spaces**

- All offices, businesses and other indoor places open to the public follow COVID-19 protections under WorkSafeBC standards, please respect any additional requirements and requests posted
- Travel respectfully between island communities: follow any posted guidelines, respect physical distancing, practice good hygiene and consider wearing a non-medical mask when in indoor public places.

**Dalang 'waadluxan damaxan tll k̄ing ga**

**Dalang waadluuwaan damaan tl' k̄inggang**

***You all take good care of yourselves***

For more information and up-to-date community measures visit <[haidanation.ca](http://haidanation.ca)>