

April 19, 2021

## **TAHLTAN NATION COVID-19 EMERGENCY MANAGEMENT UPDATE**

The Tahltan Nation COVID-19 Emergency Management Team (TNCEMPT) continues to meet regularly to discuss the ongoing COVID-19 pandemic and its threat to our Territory.

The following COVID-19 policies and regulations ARE in place for Tahltan Territory.

- 1. All current Province-wide restrictions remain in place for Tahltan Territory.**
- 2. Essential travel only to and from Tahltan Territory.**
- 3. Everyone who lives in Territory and who is returning to Territory after essential travel is no longer required to self-isolate for 14 days.**
- 4. Stay within your CORE BUBBLE. Your Core Bubble is your immediate household and DOES NOT include extended family who does not live with you.**

### COVID-19 testing:

To minimize community spread of COVID-19, if you have symptoms please contact the nearest health centre at once.

COVID-19 tests are available at every health centre. Call the health centre and request a test if you experience any symptoms.

There are two types of tests available for everyone:

- 1. Nasal Swab - swab takes sample of mucus from nasal passage; and**
- 2. Gargle Rinse - rinse and gargle with solution to collect samples of saliva.**

The following protocols remain in place:

- 1. Masks/face coverings are mandatory in all community spaces in Dease Lake, Iskut and Telegraph Creek and hand sanitizing is required.**
- 2. Hand washing, sanitizing regularly, especially after being in public spaces**
- 3. Social distancing, 6 feet apart is always required outside of your household.**
- 4. Anyone experiencing any symptoms should get tested. Anyone who gets a COVID test must remain in isolation while waiting for test results and continue to isolate for the full 14 days, regardless of test result.**
- 5. It is every individuals' responsibility to keep our community and our elders safe by tracking your movements and whereabouts. This will be useful if contact tracing is necessary.**

Vaccines notwithstanding, we must remain resolute and continue to fight and prevent the virus from entering our Territory, we must become even more resolute in our fight. The onus is on each and everyone of us to not become complacent, act responsibly and follow our protocols. Please remember that we are staying apart to ensure all of us are present when we gather again.

ENDS