

NEW CHANGES/ADDITIONS TO OUR COVID-19 POLICIES AND REGULATIONS

- 1** **First**, All current Province-wide restrictions remain in place for Tahltan Territory.
- 2** **Second**, Essential travel only to and from Tahltan Territory.
- 3** **Third**, Everyone who lives in Territory and who is returning to Territory after essential travel is required to self-isolate for **14 DAYS**.
- 4** **Fourth**, 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

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.

PLEASE ENSURE YOU DO THE FOLLOWING:

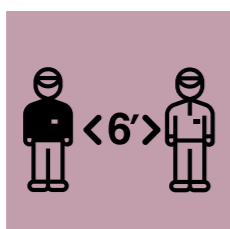


WEAR A MASK

Masks/face coverings are mandatory in all community spaces in Dease Lake, Iskut and Telegraph Creek and hand sanitizing is required.

WASH HANDS REGULARLY

Hand washing, sanitizing regularly, especially after being in public spaces

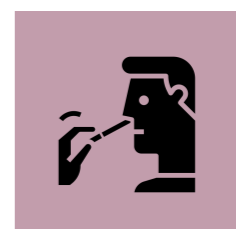


PHYSICAL DISTANCING

Social distancing, 6 feet apart is always required outside of your household.

COVID-19 TESTING

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.



CONTACT TRACING

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.

ADDITIONAL INFORMATION

For the most up to date information visit the Tahltan COVID-19 landing page at: <https://tahltan.org/covid-19>