



March 19, 2020
For Immediate Release

Non-essential travel to and between Labrador Inuit communities discouraged; self-monitoring and isolation recommended if necessary

The Nunatsiavut Government is asking people to refrain from travelling between or to any Labrador Inuit community, either by aircraft, snowmobile, etc., until further notice unless it is absolutely necessary.

Beneficiaries of the Labrador Inuit Land Claims Agreement who are currently away and have not been directed to self isolate (students, medical travel, etc.) are encouraged to make all attempts to return to their home communities as soon as possible. **Those who have been directed to self-isolate should not be travelling.**

Pandemics have had catastrophic impacts in Nunatsiavut in the past, and all efforts must be taken to help prevent the spread of the COVID-19 coronavirus to all Labrador Inuit communities.

The Nunatsiavut Department of Health and Social Development has been working very closely with federal and provincial health authorities in an effort to inform Beneficiaries of developments as they arise.

The Nunatsiavut Government has taken numerous steps to try and prevent the spread of COVID-19 to the region, including:

- restricting non-essential travel for all employees;
- cancelling all Nunatsiavut Government-sponsored events, meetings, workshops, etc. involving participants from multiple Labrador Inuit communities; and
- closing all of its offices, including the Illusuak Cultural Centre in Nain, to the general public, and advising staff to work at home if possible and to follow generally-accepted protocols to prevent exposure to and the spread of COVID-19. (Exceptions will apply to those requiring access to necessary programs and services.)

Going forward, any person arriving from outside of Nunatsiavut communities, by air or snowmobile, should self monitor for symptoms of COVID-19 for 14 days after arriving in any Labrador Inuit community. Symptoms of COVID-19 include fever and/or other symptoms of respiratory infection such as a new or worsening cough or difficulty breathing.

Self monitoring includes:

- self-isolating as quickly as possible if symptoms of COVID-19 develop and contact the provincial Healthline at 811 for instructions; and
- avoiding crowded public spaces and social gatherings and places where rapid self-isolation upon onset of symptoms may not be feasible.

The Nunatsiavut Government is also advising people to follow the provincial direction for those who meet the criteria below to self-isolate.

- having travelled outside of Canada;
- having attended mass gatherings with international attendees within the country during the past 14 days; and
- having been in close contact with a known case of COVID-19 (within the last 14 days).

Steps for self-isolation:**1. Stay home**

- Do not go to work, school or other public places.
- Your health-care provider or public health unit will tell you when it is safe to leave.

2. Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiencies).

3. Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom (if possible).
- Make sure that shared rooms have good airflow (e.g. open windows).

4. Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.

Call the provincial Healthline at 811 if symptoms of COVID-19 develop

For further information and updates on COVID-19 please visit:

<https://www.health.gov.nl.ca/health/publichealth/cdc/coronavirus/>

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

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