



April 1, 2020
For Immediate Release

Nunatsiavut Government maintains position on essential travel to Labrador Inuit communities

In an effort to control the spread of COVID-19, the Nunatsiavut Government is continuing to ask people to self-isolate for at least 14 days before travelling from Happy Valley-Goose Bay to the Labrador Inuit Settlement Area.

Recognizing that essential travel is still required, the following is being recommended:

1. Health care workers

- a. Those travelling **from within Newfoundland and Labrador** providing services in Labrador Inuit communities are asked to self-monitor for 14 days (including having temperatures checked daily) upon arrival in all communities.
- b. Those travelling **from outside of the province** are required to self-isolate for 14 days. The Nunatsiavut Government is asking individuals to self-isolate in Happy Valley-Goose Bay before travelling to any Labrador Inuit community. Upon arrival in a community, they must self-monitor for an additional 14 days.

2. Other essential workers (including technicians for essential services such as hydro or telecommunications, etc.)

- a. Those travelling **from within Newfoundland and Labrador** should self-monitor for symptoms for 14 days and to avoid interacting with others in the community when they arrive.
- b. Those travelling **from outside of the province** are required to self-isolate for 14 days. The Nunatsiavut Government is asking individuals to self-isolate in Happy Valley-Goose Bay before travelling to any Labrador Inuit community. Upon arrival in a community, they must self-monitor for an additional 14 days.

3. Medical patients requiring travel from Nunatsiavut to the Labrador Health Centre in Happy Valley-Goose Bay for appointments

- a. **Travelers returning home the same day** do not need to self-isolate, provided they have no respiratory illnesses.

- b. **Those who must stay in Happy Valley-Goose Bay for two or more days** who have no respiratory illnesses should self-isolate during their stay in the community and practice social-distancing when attending medical appointments. Upon returning to their home community they must self-monitor for 14 days and report any symptoms to 811.
 - c. **Those who develop respiratory symptoms while in Happy Valley-Goose Bay** attending appointments are asked to call 811 and follow instructions.
 4. **Medical patients who are admitted and discharged from hospital**
 - a. **Patients discharged from hospitals within the province** can travel directly home to Nunatsiavut. Upon arrival at home they are asked to self-monitor for 14 days and report any symptoms by calling 811 and following instructions.
 - b. **Patients discharged from hospitals outside of the province** are required to self-isolate at point of entry or in Happy Valley-Goose Bay for 14 days before travelling to any community. Upon arrival in the community, they must self-monitor for an additional 14 days.
 5. **Medical patients (and escorts) requiring travel for appointments at facilities other than the Labrador Health Centre (for travel to Labrador Health Centre refer to bullet #3)**
 - a. **Those travelling to appointments within the province** who have no respiratory illnesses should self-isolate during their stay outside of Nunatsiavut and practice social distancing when attending medical appointments. Upon return to their home community they must self-monitor for 14 days (including having temperatures checked daily).
 - b. **Those travelling to appointments outside the province** who have no respiratory illnesses are required to self-isolate upon at point of entry into the province or in Happy Valley-Goose Bay for 14 days before returning to Nunatsiavut. Upon arrival in community, they must self-monitor for an additional 14 days.
 - c. **Those who develop respiratory symptoms** while attending appointments are asked to call 811 and follow instructions.
 6. **Individuals whose travel costs are covered by the Nunatsiavut Government**, including students and staff, should self-isolate at point of entry into the province or in Happy Valley-Goose Bay for 14 days before returning home to Nunatsiavut. Accommodations and meals will be arranged by the Nunatsiavut Government for these individuals who are self-isolating.

Self-monitor means:

- Monitoring for symptoms (muscle aches and pains, fever, cough, difficulty breathing) for 14 days.
- Staying at home except for essentials.
- Avoiding crowded places.
- Increasing personal space and maintaining social distancing.
- Immediately self-isolating if symptoms appear.

Self-isolate means:

- Staying at home and not going to work or school for 14 days.
- Avoiding close contact with people with chronic conditions, compromised immune systems and older adults.
- Avoiding contact with others in your home.

- Staying in a separate room away from other people.
- Using a separate bathroom, if possible.
- Keeping a distance of at least two arm's length from other people.
- Not sharing dishes, glasses, or utensils.
- Calling 811 at the first sign of any respiratory symptoms.

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