



Office of the Chief Public Health Officer: March 16, 2020

## Urgent Advice For Those Who Have Arrived In The NWT From International Destinations

### What's happening?

Tourists and residents who have come to the NWT from outside of Canada within the last 14 days are recommended to self-isolate until those 14 days are up, or return home. This applies even if you are *not* showing symptoms.

NOTE: Advice to the public, including travellers, may change. Monitor the Department of Health and Social Services website (see COVID-19 section) for the latest information.

### What is self-isolating?

- Self-isolating means staying in your accommodation and limiting your contact with others.
- For travelers, this means staying in your accommodations as much as possible and following advice in the self-isolation and self-monitoring handouts.

### What about food?

- Order in or order room service if-available.

### What if I want to go home?

- Contact the company through which your trip was booked to discuss options.
- Arrange for transportation to the airport.
- Try to keep your distance — two metres away — from others when going through the airport or interacting with people.
- Wash your hands frequently.

- If you must cough or sneeze, do it into a tissue covering your nose and mouth. If none are available, turn and cover your nose and mouth with a flexed elbow.
- **If you have symptoms, you will not be allowed to board. You will be sent to be tested.**
- **If you are unable to leave Canada due to illness, contact your consulate for guidance and assistance.**

### If you feel sick...

#### If you have a:

- Fever
- Cough
- Sore throat

**Contact the local public health unit or health centre. They will tell you what to do. If it is after 5pm, leave a voicemail with your name and phone number, self-isolate, and someone will get back to you as soon as possible.**

**If your symptoms are severe or you are having difficulty breathing call 9-1-1 and let them know you are self-isolating for symptoms similar to COVID-19.**

- **Yellowknife:** 867-767-9120
- **Inuvik:** 867-490-2225 or 867-777-7246
- **Fort Smith:** 867-872-6219 or 867-872-6221
- **Hay River:** 867-874-7201
- **Other Communities** can call the local health centre. Visit [www.hss.gov.nt.ca/health-centres](http://www.hss.gov.nt.ca/health-centres)

**The situation can change quickly. For the latest information and updates visit [www.gov.nt.ca/covid-19](http://www.gov.nt.ca/covid-19)**