

COMMUNITY NAME EMO UPDATE

MONDAY MARCH 16, 2020

YOUR COMMUNITY NAME - EOC ACTIVATION LEVEL

	NOT ACTIVATED	No pending or potential emergency detected.
	MONITORING	Active monitoring and sharing of information pertaining to a pending or potential emergency.
X	PARTIAL ACTIVATION	Information on the occurring, pending or potential emergency dictates a requirement for limited or targeted response including multi-agency coordination and reporting.
	FULL ACTIVATION	Information on the occurring, pending or potential emergency dictates a requirement for a multi-agency and/or multi-jurisdictional large scale response.

CURRENT NOTICES:

The Government of Canada is advising travelers arriving in Canada from any international destination, via airport or land port of entry, to [self-isolate](#) for **14 days** after your return from travel outside of Canada. For more information, please see [Information for travellers](#).

CURRENT RISK IN NWT

The risk of acquiring COVID-19 in the NWT is low at present.

Currently NWT is testing for COVID-19 in anyone with flu-like symptoms and who travelled outside of NWT within 14 days. This is a safety measure to identify and respond to anyone with COVID-19 as early as possible.

As of March 16 at 4:00 PM:

- **ZERO (0)** confirmed cases in the NWT.
- **143** tests performed

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

What are the symptoms of COVID-19?

Most people (80%) with COVID-19 have mild symptoms and recover without needing special treatment. Symptoms may take up to 14 days to appear after exposure. Many people are presenting with cold or flu-like symptoms such as:

- Fever, Cough, Muscle aches, Fatigue, or Shortness of breath.

Severe cases may have:

- Difficulty breathing, Pneumonia, and/or Severe acute respiratory distress syndrome.
- Individuals with fever, cough and/or difficulty breathing should seek medical attention.

Risk of severe disease may be higher for:

- Older adults, People with chronic disease (for example: diabetes, cancer, heart, renal, or chronic lung disease), Those with weakened immune systems

Advice to NWT Residents

We all have a role to play in keeping our communities healthy. The following advice is an important way residents can protect their families, their friends, and our communities as we coordinate a unified response to COVID-19.

For information on how you can prevent or prepare for COVID-19, please see: [Prevent and Prepare https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19/prevent-and-prepare](https://www.hss.gov.nt.ca/en/services/coronavirus-disease-covid-19/prevent-and-prepare)

How can I protect myself and my community from COVID-19?

We can reduce the spread of respiratory infections (this includes COVID-19), in our communities by practicing [healthy respiratory practices](#). This means you and your family should:

- **STAY HOME** if you are sick
 - Wear a mask if you are sick and must go out especially if you are in a waiting room or in places with large crowds.
 - If you need to see your healthcare provider ask for a mask when you get there
- **Avoid close contact** with others if you are sick
- **Turn and cover your nose/mouth** with a disposable tissue for every cough/sneeze
 - If a tissue is not available cough/sneeze into your elbow

- **Throw used tissues in the garbage**
 - If there is no garbage, carry a small plastic bag to put used tissues in and throw out later
- **Wash your hands** for at least 20 seconds after coughing, sneezing or blowing your nose
 - Use alcohol-based sanitizer if no soap is immediately available
- **Clean/Disinfect any surfaces or objects** you or someone else might have touched while sick

What should I do if I have symptoms of COVID-19?

If you are experiencing milder symptoms such as fever, cough or flu-like, call your local health centre.

Information for Parents

The Minister of Education, Culture and Employment has consulted with the Chief Public Health Officer on school closures, and has received the advice today to close NWT schools until after Easter.

From a report on over 70,000 people with COVID-19 in China, we know that 80% of people that get COVID-19 have mild symptoms. Recent data shows that children normally have an even milder sickness. Children, however, can pass COVID-19 to those who are at higher risk for more severe illness, including older adults, people with chronic diseases, or people with weakened immune systems.

It is recommended that children who are sick avoid visiting high-risk people and crowded areas.

We all have a role to play in keeping our communities healthy. The following advice is an important way for you to protect your children, friends, and our communities from COVID-19.

Information for Travellers

Travellers arriving in the NWT

Anyone arriving in the NWT from outside of Canada must [self-isolate](#) and stay at home for 14 days. You will need to:

Monitor your health for fever, cough or difficulty breathing.

Follow [healthy respiratory practices](#)

For all other travellers returning to the NWT, you should [self-monitor](#) for symptoms for 14 days. You will need to:

- Monitor your health for fever, cough or difficulty breathing.
- Follow [healthy respiratory practices](#)

If you do develop symptoms within 14 days continue to isolate yourself from others, call your health care provider and inform them about symptoms and travel history. They will provide advice on what you should do.

Other Scenarios Requiring Self-Isolation

Anyone who has been in close contact with a person with COVID-19, should [self-isolate](#) for 14 days since last exposure.

Close contacts at highest risk are persons who:

- **provided care** for the person with COVID-19 (including health care workers without consistent use of appropriate personal protective equipment, family members or other caregivers)
- **lived with or otherwise had close prolonged contact** (within 2 metres or 6 feet) with a person with COVID-19 who had symptoms and was not self-isolating
- had direct contact with infectious body fluids of a person with COVID-19 with symptoms (e.g., was coughed or sneezed on) without the appropriate use of recommended personal protective equipment.
- Airplane crew and passengers seated within 2 meters of a person with COVID-19 with symptoms.

If you develop **symptoms such as fever, cough or difficulty breathing** within 14 days continue to isolate yourself from others, call a health care provider and inform them about symptoms and travel history. They will provide advice on what you should do.

Residents leaving the NWT

Chief Public Health Officer is recommending that NWT residents avoid all non-essential travel outside of the Northwest Territories.

Making the choice to stay at home and to not travel outside of the NWT is the best way to protect yourself, your family, and our communities from the spread of COVID-19, and to support our health system in responding to this pandemic.

If you have plans to travel, you should consider contacting your airline or tour operator to determine options for cancelling or postponing your trip.

Although not advised, if you are still considering travel outside of Canada, you should do the following:

- [check your destination](#) before travelling
- know the [health risks](#) for your destination
- understand the risks of your [safety and security abroad](#)
- ensure that you have sufficient finances and necessities, including medication, in case your travels are disrupted
- be prepared if airlines revise scheduled flights to and from your destination
- If you travel abroad, you could be subject to the measures of other countries. Your scheduled trip may become much longer. You may also have reduced access to quality health care and your travel health insurance will likely not provide coverage in a pandemic.

YOUR COMMUNITY UPDATE

- **Provide updates as you see fit – you want to assure residents that your community government is prepared to respond should there be a need.**
- **Update re. council meetings**
- **Updates re. how to pay utility bills**
- **Update basically on anything that you're receiving questions on**

GNWT PUBLIC SAFETY NOTICES:

<https://www.gov.nt.ca/en/public-safety-notices>

- The GNWT is working with public health authorities and partners to respond to the rapidly evolving situation with COVID-19.
- A general update on the situation in the NWT will be published here daily by 5pm. The GNWT will also be providing daily updates to media via email and will implement a weekly media briefing.

- The [Health and Social Services Website](#) is the best source for accurate and up-to-date *health information* on the status of COVID-19 in the Northwest Territories.

Social Media

[Dr. Kami Kandola Twitter](#) (NWT Chief Public Health Officer)

[GNWT Corporate Facebook](#)

[NTHSSA Facebook](#) (Northwest Territories Health and Social Services Authority)