



OFFICE OF THE CHIEF PUBLIC HEALTH OFFICER

## **PUBLIC HEALTH ADVISORY**

### **Avoid non-essential travel outside of Canada until further notice.**

**YELLOWKNIFE** 14 March 2020 – To limit the spread of COVID-19, Global Affairs Canada is advising citizens to avoid all non-essential travel outside of Canada. Further to this advice, the Chief Public Health Officer is recommending that NWT residents avoid all non-essential travel outside of the Northwest Territories.

More information on the Government of Canada’s Travel Advice:

- [Official Global Travel Advisory](#)

### **Travellers arriving in the NWT**

Further to the above recommendation, if you are arriving in Canada from **Hubei province in China, Iran or Italy**, you **must** [self-isolate](#) and **stay at home** for 14 days and contact your health care provider within 24 hours of arriving in Canada.

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**.
- Wash your hands often for 20 seconds and cover your mouth and nose with your arm when coughing or sneezing.

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.

You can contact a health care provider as follows:

- 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 their local health centres, [www.hss.gov.nt.ca/health-centres](http://www.hss.gov.nt.ca/health-centres)

**If your symptoms become severe call 9-1-1.**

## Residents leaving the NWT

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.

Residents outside of Canada should find out what commercial options are still available to return to Canada and should consider returning to Canada earlier than planned if these options are becoming limited.

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.

The Chief Public Health Officer would also like to reiterate that you should avoid all travel on cruise ships due to the ongoing COVID-19 outbreak, until further notice.

Further, to ensure continuity of health and social services, there has been a strong recommendation made to staff that they cancel all personal travel outside the NWT cancelled effective today.

The situation continues to unfold. We would like to put media on notice that a press conference with Dr. Kami Kandola, Chief Public Health Officer, who will answer questions about COVID-19 will likely be set for Monday, March 16 or Tuesday March 17, 2020.

**Date:** TBD

**Location:** 7th floor, Tatsaotìne (tah-sah-t'ee-neh) Building (formerly called the New Government Building), Yellowknife, NT

**Time:** TBD

Out-of-town media can join by calling 1-800-303-7189, followed by the passcode 3251353.

**More information:**

- [Self-Isolation Information Sheet \(COVID-19\)](#) (GNWT)
- [Self-Monitoring Information Sheet \(COVID-19\)](#) (GNWT)
- [Healthy Respiratory Practices](#) (GNWT)
- [Hand Hygiene](#) (GNWT)
- [Coronavirus Disease \(COVID-19\) FAQs](#) (GNWT)
- [Coronavirus Disease \(COVID-19\) General Information Handout](#) (GNWT)
- [Coronavirus Disease \(COVID-19\)](#) (Government of Canada)
- [Travel Advisories](#) (Government of Canada)
- [Coronavirus Disease \(COVID-19\)](#) (World Health Organization)

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