



Niislaa Naay Healing House Society
P.O.Box 176, Old Massett, HAIDA GWAII VOT 1M0
Tel: 250-626-3911 FAX: 250-626-3357

Covid Update for Old Massett

Regional Health Authorities have reported that the first cases of the Omicron variant have now been confirmed in the Northern Region. This includes confirmed cases of this variant in Northern First Nations communities.

The good news is, the evidence so far indicates that the Omicron variant causes a milder form of the disease, however, it appears to infect people more easily and spread more quickly than previous variants. Given the rapid spread of the variant and the increased time it takes to identify which variant it is, it is safe to assume that almost all cases of COVID in the North are Omicron and can spread rapidly.

Please note that many individuals are still vulnerable to severe illness with Omicron, even when vaccinated, including Elders and people with pre-existing medical conditions.

Although vaccination remains the best defence against COVID, it alone cannot ensure complete protection. It is important to follow all public health recommendations to eliminate risk to community as much as possible.

Here is what you can do to keep yourself and others as safe as possible:

1. Get fully vaccinated—Being fully vaccinated greatly reduces the chances of infection, serious illness and spread for you and the rest of the community.

If you would like to get vaccinated please call either Northern Health at 250 626-4725 to get an appointment or Niislaa Naay Healing House at 250 626-3911 (please leave a message on the answering machine at Niislaa Naay and we will get back to you as soon as we are able). We are working hard at vaccinating as quickly as we can.

2. Masks, Hand Hygiene and Disinfection—Masks are mandatory inside all community/public spaces (masks should be made of three layers of fabric, or 2 layers and a filter) and worn over the mouth and nose; make sure to wash your hands often; clean and disinfect your home and frequently-touched areas and devices often;
3. Limit gatherings and events and practice physical distancing. Please do not visit other communities; avoid non-essential gatherings and events outside of your bubble/household; limit how often you go to busy places such as stores or the post office; maintain physical distancing of 2 meters (6 feet) from others where possible.
4. If you are feeling unwell, stay home—If you have the slightest of symptoms (runny nose, fever, cough, flu-like symptoms) stay home. If you have mild symptoms and have trouble getting tested please isolate at home for 7 days if you are vaccinated or 10 days if you are unvaccinated- your family/household should also isolate and/or monitor closely for symptoms for 14 days. If symptoms



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worsen, call your family doctor for an appointment, or 811 or the Virtual Doctor of the Day at 1-855-344-3800.

Due to the increase in cases of covid, it may take longer to get tested or to get results. Please stay isolated and follow the guidance in #4 above. If you would like to get tested you can also:

- call 1-844-645-7811 7 days a week from 10am to 10pm or,
- fill out the Covid-19 Test Booking Form found on the Northern Health Website. Pro tip: google Northern Health Covid Testing to find the link <https://northernhealthcovid.secureform.ca/index.php>
- or,
- Call your family doctor

If you have questions or concerns please reach out to Shauna at 250 922-4488 via text or phone from 0830-0430 until January 4, 2022. After January 4th Niislaa Naay will be open again Monday to Friday and we will release an update with more information for you.

Remember the Emergency Room is open 24/7 for anyone experiencing difficulty breathing or any other medical emergency.