



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

January 21, 2022 Covid Cases in Masset

Up until today, the Northern Region has had different isolation guidelines than what Bonnie Henry has been announcing in her briefings. This has caused a lot of confusion for our communities. Today, January 21, 2022, Bonnie Henry announced new covid-19 isolation measures for the province that we in the Northern Region will also be following.

Information you need to know to help reduce the spread of covid:

**1. I have tested positive and I am fully vaccinated**

You are considered to be fully vaccinated if you have 2 doses of Moderna or Pfizer or one dose of the Janssen COVID-19 vaccine. You do not need to have a booster dose to be considered fully vaccinated.

- **How long do I isolate for?**

If you test positive for COVID-19 and are fully vaccinated, you need to self-isolate at home for **5 days** AND until your symptoms improve and you no longer have a fever. If after 5 days you still feel sick, please stay home until you feel better.

After your self-isolation period, you also need to avoid social visits to high-risk settings for 5 days more.

High-risk settings include:

Long-term care at the hospital or visiting elders or people who are immunocompromised (have a weaker immune system)

High-risk settings DO NOT include places such as:

Childcare, school, work, grocery stores or pharmacies

**2. I have tested positive and I am NOT fully vaccinated**

If you have not received 2 doses of Moderna or Pfizer or one dose of the Janssen COVID-19 vaccine, you are not fully immunized.

- **How long do I isolate for?**

If you are 18 years of age or older, test positive for COVID-19, and are not fully vaccinated, you need to self-isolate at home for **10 days** AND until you no longer have a fever AND your symptoms improve.

If you are under 18 years of age, test positive for COVID-19, and are not fully vaccinated, you need to self-isolate at home for **5 days** AND until you no longer have a fever AND your symptoms improve.



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### 3. I am a close contact of a case of covid. What does that mean?

A close contact is generally someone who has been near a person with COVID-19 for at least 15 minutes when they were not wearing masks or 6 feet apart.

- **As a close contact what do I do now?**

Close contacts, both vaccinated and unvaccinated, do not need to self-isolate UNLESS you have symptoms of COVID-19.

If you have no symptoms of COVID-19, you do not need a test. You should monitor for symptoms of COVID-19 even if you are fully vaccinated or had COVID-19 in the last 90 days.

If you develop symptoms, you should stay at home until your symptoms improve. If you think you need to get tested please visit the Northern Health COVID Information page for more information.

<https://www.northernhealth.ca/health-topics/covid-19-testing-and-self-isolation#when-to-get-tested>

OR

Call us at Niislaa Naay for more information 250 626-3911

We hope that these changes in isolation are clearer and easier to follow.

Over the past few weeks, it has become clear that covid is spreading quickly in our community. Niislaa Naay does not have case numbers to share with the community as the contact tracing system in the province is overwhelmed and no one actually knows how many cases there are in any one region in BC.

The most important way to slow the spread of COVID is to stay home if you have symptoms and get tested if you qualify to do so.

**Niislaa Naay is here to help answer any questions you have. Please reach out if you become positive or are a close contact and we will help you make the best decisions about isolating that will protect you, your family and your community.**