

## **TESTING EXPANSION**

- Keeping distance from people of other households is important in preventing community spread.
- People with no symptoms continue to be population of known coronavirus carriers.
- We encourage all those with or without symptoms to get tested to help identify cases within region and prevent community spread.
- We continue to request testing kits and NSHC continues to be resupplied.
- Anyone who wants a COVID-19 test will be able to get a test, and we encourage all to get tested.
- If you are a hunter or will participate in sharing our Native foods, you are welcome to get tested at your local clinic. Please consider hunting in small crews and distance sharing by leaving food for people to take or arranging pick up locations.

## **FEELING SICK?**

- If you are feeling sick with a fever, cough, can't breathe, or hard to breath, head ache, nausea or feeling uneasy, vomiting or diarrhea, have a cold or sore throat -please contact your health clinic about getting tested.
- If you are experiencing any of these symptoms, please isolate yourself from others as best as possible.
- Healthy people can help by cleaning the household often. Continuously clean common surfaces and keep distance in a house hold.
- When eating, avoid sharing forks, knives, spoons. Avoid sharing plates.
- Please remember to wipe down with Dawn soap or disinfectant commonly touched surfaces including door knobs, light switches, freezer and fridge doors, coffee and tea pots, microwave buttons, television knobs/changers/remotes, radio knobs.
- Remember to clean bathroom toilet seats and flusher, sinks and faucet knobs

## **IN THE COMMUNITY:**

- Please remember to stay 6 feet away from each other if you are outside walking on the street, waiting for the post office, or going to the store. Wear a face mask. Remember not to touch your face. Please act as if you might carry the virus and you do not want to infect your loved ones.
- This is a reminder for kids, we know you love playing with each other, but right now it is unsafe due to sickness. We don't want each other to get sick, please remember that we cannot play together at this time.
- NSHC wants to remind you that smoking is harmful to your lungs. This virus threatens your ability to breath. It is strongly encouraged that you reduce smoking or quit smoking to keep your lungs and body healthy. If you're smoking, please do not share.

- When you come in from outside, wash your hands. Take off your jacket or outerwear before moving about your home.

#### RECOMMENDATIONS FOR HUNTERS:

We need your help in stopping the spread of Covid-19. You are essential people in our communities providing food, and these recommendations are to keep you, your family and community safe.

- **If you feel sick, with a cold, cough, fever, loss of taste, loss of smell, diarrhea or sore throat please stay home.**
- Please check on your crew or hunting partners to ask how they are feeling.
- **Do not share your thermos, cigarette, water, tea, pop, or food.**
- Wear masks if you are able to when working closely together
- Bring enough gas and supplies with you.
- Be aware of other communities travel restrictions, know your local contact if you need help with gear or supplies.
- Hunt in as small crews as possible.
- Have a minimal number of people working together, encourage the use of masks.
- While sharing food and catch, encourage distance sharing by leaving food for pick up or use masks.
- Process foods in open spaces if possible outdoors or in the school gym
- Share foods with those too sick to hunt or gather.