As March Break 2020 approaches and families travel abroad, we want to remind you about the evolving COVID-19 situation so that you can be prepared and prevent this illness from infecting your loved ones and help protect our community.

**BEFORE YOU LEAVE:**


**Consider the Following:** The area you are travelling to? What the COVID-19 situation is in that area? What type of activities will you be doing in the area (eg. concert)? Who will you be travelling with (eg. Elderly, immunocompromised)? **PLEASE NOTE: The Public Health Agency of Canada is recommending that Canadians avoid all cruise ship travel.**

**Plan ahead.** Consider purchasing travel insurance and ensure that it covers treatment for COVID-19. Take enough prescription medications for the entire trip, plus extra in case you become sick and are not able to refill a prescription while travelling.

**Register before you leave.** Everyone planning to travel abroad for March Break should register with the “Registration of Canadians Abroad” free service; to receive important updates regarding emergencies while you are away. Registration can be done online: [https://travel.gc.ca/travelling/registration](https://travel.gc.ca/travelling/registration)

**WHILE YOU ARE AWAY:**

- **Wash your hands,** wash your hands, wash your hands……..
- **Avoid touching your eyes, nose, or mouth** with unwashed hands
- **Cover coughs and sneezes** with your elbow or a tissue, then throw the tissue into the garbage right away and wash your hands
- **Avoid close contact** with people who are ill
- If you become sick while travelling (e.g. fever, cough, difficulty breathing), **avoid contact with others** and call a health clinic in the area
- **Clean/disinfect** frequently touched items/surfaces such as door handles, toilets, remote controls, cell phones
- **Tell a flight attendant** if you feel sick during the flight back to Canada, and a Border Services Officer when you arrive
WHEN YOU RETURN:

If you have travelled outside of Canada, it is important to monitor your health when you return for 14 days. If you develop **fever, cough or difficulty breathing**, PLEASE isolate yourself at home as quickly as possible and call the Ohsweken Public Health Office @ 519-445-2672 or your physician’s office. Let them know your symptoms and travel history.

The COVID-19 situation in other countries may change quickly. PLEASE VISIT THE WEBSITE BELOW FOR FURTHER INSTRUCTION FOR SPECIFIC COUNTRIES. Depending on where you have travelled, you MAY need to call public health within 24 hours of arrival home and self-isolate when you arrive home.


For more information:

- Ohsweken Public Health Office @ 519-445-2672
- Six Nations Health Services @ 519-445-2418
- Healthy6Nay Facebook Page

Don’t Panic – Be Prepared