Nishnawbe Aski Nation
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Safety Precautions for COVID-19

What is COVID-19?

Coronavirus (COVID-19) is a virus that can cause illnesses ranging from the common cold to more serious respiratory infections like bronchitis or pneumonia.

COVID-19 is spread mainly from person to person through close contact, for example, in a household, workplace or health care centre. Some human coronaviruses spread easily between people, while others do not.

Your risk of severe disease may be higher if you have a weakened immune system.

This may be the case for:

- older people
- people with chronic disease (for example, diabetes, cancer, heart, renal or chronic lung disease)

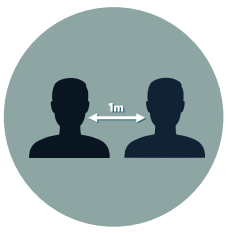
Here are ways to protect yourself:

Good hand hygiene

The best prevention for now is hand washing for 20 seconds. For as long as it takes to sing Happy Birthday, wash the tops of your hands, between the fingers and fingertips. Follow by closing the tap with a towel or elbow. Use alcohol-based sanitizer if soap and water are not available.

Stop touching your face

Viruses enter our bodies through our eyes, nose and mouth. The coronavirus can also be inhaled if you are standing close to someone who coughs or sneezes without covering their nose or mouth.



Social distancing

During the period when coronavirus is active you should stop the usual greeting of handshaking, hugging and kissing and should keep a distance of 1 meter (3 feet) from from others, especially anyone who's exhibiting symptoms.

How to properly wash your hands:

Important

To prevent the spread of infection, if you are feeling unwell and have a fever or a cough, please stay home and limit interactions with people in your home.

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu.

Symptoms may take up to **14 days to appear after exposure** to COVID-19.

Symptoms have included:

Fever

Cough

Difficulty Breathing

There are no specific treatments for coronaviruses, and there is no vaccine that protects against coronaviruses. Most people with common human coronavirus illnesses will recover on their own.

Due to emerging risks with respect to the spread of COVID-19, effective immediately, NAN has instituted a travel ban for any organization-related travel.

This includes but is not limited to:

- Travel to meetings, conferences etc.;
- Travel to and from communities;
- Hosting meetings with out of town participants.

The coronavirus situation is rapidly evolving. Check with the national authorities for updated travel advisories and visit the Nishnawbe Aski Nation website for more information.

To contact the NAN COVID-19 Task Force: Please send all inquires regarding COVID-19 to **emergency@nan.ca**