



Sioux Lookout
First Nations
Health Authority

Radio Script: Travelling safe during the COVID-19 pandemic

Updated: April 2021

Hello listeners! This is _____.

Today, we are going to talk about travelling outside of the community during COVID-19.

COVID-19 continues to spread in and out of our communities. Our public health leadership and community pandemic response teams are working hard to help us slow the spread of the virus. And to support those that are affected.

Many of the cases of COVID-19 that we see in community are related to travel. They are not often caused by spread within the community.

This means that limiting non-essential travel can be an effective way to stop the spread of COVID-19.

Non-essential travel is travel that we don't need to do. This can include travel for things like shopping and family gatherings. These are things we want to do and that are important to us. But these are things that we can often delay. Or we can do these things from home, like by shopping online or video-calling cousins.

Gatherings like weddings and funerals are very meaningful. And an important part of our culture. But right now, large gatherings like this can be very risky. Even if we gather outside.

One of the best ways we can care for and honour our family and friends is to do what we can to keep them safe. We can call or host a video-chat with them. And we can make plans to visit when more people are vaccinated, and the virus is spreading less.

Medical travel may be essential. You may wish to look into telemedicine options. But if you do need to seek care outside of the community, don't delay your trip. If you are travelling out of community, reach out to your public health leadership



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and/or community pandemic response team. They can help you prepare for your travel and support you on your return. They may also have other suggestions for you on how you can stay safe while you're away.

It is important to note that every community is different. So, before you go anywhere, check the travel guidelines for your own community. And review the measures in place at your destination.

There are many things we can do to lower our risk of getting COVID-19 when we travel.

We can wash our hands often. Such as when we touch public surfaces or are putting on and taking off our face mask. We can also pack alcohol-based hand sanitizer, so we can clean our hands when there is no soap and water around.

We can wear face masks when we are in public spaces or when we can't be physically distant from others. Medical masks or 3-layer cloth masks are good choices to bring with us.

We can stay in a private space like a hotel rather than with family or friends. If we need to stay with others, we can find ways to limit our contact and clean common surfaces more often.

We can avoid the 3Cs. We can limit our close contact. We can avoid crowds. And we can avoid closed spaces when possible. If we do need to enter closed or busy spaces, we can be flexible. Wait our turn or even return later.

We can self-monitor for symptoms. If we do feel ill, we should stay in place and contact the local public health unit for support.

And if we can, we can get the COVID-19 vaccine. If not before we travel, perhaps while we are out of community.

For more COVID-19 resources, you can visit www.sfnha.com/covid/.

You shouldn't leave your home if you are sick or caring for someone who is sick. Cancel or delay your plans and contact your healthcare provider for guidance.



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It can be hard to stay at home. And it is hard to continue to stay away from our friends and family.

There are many mental health supports and services available to us.

With services like NAN Hope, you can call, text, or send instant messages for support. You can read more about their services at nanhope.ca. Their phone number is 1-844-626-4673.

You can also reach out to your healthcare provider or Nodin Mental Health Services. They may be able to connect you with a therapist, counsellor, or traditional healer.

That brings us to the end of the broadcast. Thank you for continuing to listen to the guidance from your leadership and community pandemic response team. Thank you for staying informed with reliable sources. Thank you for continuing to care for one another from afar. And thank you for everything that you are doing to help keep us all safe and healthy.

Together, we will make it through this. Miigwetch and take care everyone.