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For Immediate Release

## **Non-essential travel to and between Labrador Inuit communities being discouraged**

The Nunatsiavut Government is asking people to refrain from travelling to or between any Labrador Inuit community, either by aircraft, snowmobile, etc., until further notice unless it is absolutely necessary.

The call comes on the heels of Friday evening's decision by the Chief Medical Officer of Health, Dr. Janice Fitzgerald, to place the entire province under Alert Level 5 after tests confirmed the widespread presence of the COVID-19 variant B.1.1.7. First discovered in the United Kingdom, the variant is believed to be more contagious than the original strain of the coronavirus.

"We have to make sacrifices and take whatever steps are necessary to ensure this virus stays out of our communities. We need to be more vigilant than ever if we are to beat this," says President Johannes Lampe. "We are asking all residents to not travel outside of their home communities until it is deemed safe to do so. If people decide to ignore our plea, then they are placing themselves, their families and friends at risk."

**Alert Level 5 has sweeping public health measures to protect the population, as outlined below:**

*Your responsibility:*

- Follow Public Health Guidance for All Alert Levels.
- Stay at home as much as possible, except to get essentials like groceries and medications.
- Limit contact with others to your immediate household bubble.
- If you have COVID-19 symptoms, contact 811.

*Public Spaces and Gatherings:*

- Gatherings of more than five people are prohibited.
- Funerals, wakes and visitations are prohibited.
- Burials and weddings are limited to no more than 5 people, including the officiant.

*Recreational Activities:*

- Campsites in municipal and privately owned parks are closed.
- Playground equipment in municipal parks are closed.

- Gym and fitness facilities are closed, including yoga studios, tennis and squash facilities, and arenas.
- Dance studios and performance spaces are closed.
- Outdoor activities, including walking, hiking, or riding your bike, are encouraged as long as physical distancing can be maintained and you are not required to self-isolate for any reason.

*Health care services:*

- Private health care clinics are closed, except those of physicians and nurse practitioners. Closed clinics can offer urgent and emergent care, and virtual options can be offered for non-urgent care.
- Visitor restrictions in health care are in place.
- Orders for long term care, personal care homes, and assisted living facilities are in place.
- Regional health authorities have postponed or cancelled some health care services.

*Businesses and Services:*

- Retail stores that do not provide services essential to life, health or personal safety of individuals and animals are closed to in-person service, but can offer online/telephone sales with delivery or curbside pick-up options.
- Retail stores that are permitted to remain open are not permitted to sell scratch or break open lotto tickets in store.
- Restaurants are closed for in-person dining (take-out, delivery and drive-thru options are still permitted).
- Bars and lounges are closed.
- Cinemas are closed.
- Personal service establishments, including spas, esthetic services, hair salons, body piercing, tattooing and tanning salons, are closed.

The Nunatsiavut Government continues to encourage residents of the Labrador Inuit Settlement Area to follow all Public Health protocols, including practicing proper hand hygiene, wearing a mask and maintaining social distancing of at least two metres from those outside immediate households.

All residents of Nunatsiavut communities are encouraged to access the COVID self-assessment tool (<https://covidassessment.nlchi.nl.ca>) or call the provincial Healthline at 811 if symptoms of COVID-19 develop.

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