

NON-TERRITORY RESIDENTS ARE CURRENTLY NOT WELCOME IN KASKA TERRITORY

NO ONE IS IMMUNE FROM COVID-19



COVID-19 is not just a danger to our elders. More and more, **adults** and **children** are starting to die because of this virus. It cannot be stressed enough:

WE CANNOT AFFORD TO ALLOW COVID-19 TO GET INTO OUR COMMUNITIES.

By the time a person tests positive for COVID-19 in a Kaska community, 50% of the community will likely have already been exposed, meaning: **we will likely lose most of our elders in that community.**

Right now, our communities are at a critical stage

Right now, we are **MOST VULNERABLE** because confirmed COVID-19 cases are both to the North and South of us.

Prevention is the only thing that stops this virus from reaching our communities and the only thing that will save Kaska lives.

PLEASE ENSURE YOU DO THE FOLLOWING:



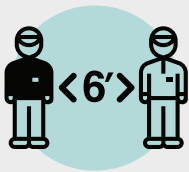
STAY HOME

Unless you must go to work, or you are going onto the land to exercise with those in your household (people you live with).



AVOID ALL NON-ESSENTIAL TRIPS IN YOUR COMMUNITY

Stop going to other communities. Limit the number of times you go to high traffic areas such as the store and post office.



PHYSICAL DISTANCING

Do not gather in groups. Ensure you stay a minimum of 6 feet away from other people.

WASH HANDS REGULARLY

Wash your hands with soap for 20 seconds or more. Soap is the best-known remedy for killing this virus so wash frequently.



COUGH OR SNEEZE INTO YOUR ELBOW OR A TISSUE

Cover your mouth and nose with a tissue when you cough or sneeze. Put your tissue in a waste basket. If you don't have a tissue, cough or sneeze into your upper sleeve, not your hands.



DON'T TOUCH YOUR FACE

Don't transfer the virus into your body by touching your eyes, nose or mouth.



SELF ISOLATION

Anyone returning to the Territory must go directly to their home and self-isolate for no less than 14 days – so bring supplies with you. **YOU MUST** avoid any and all situations where you can accidentally or unknowingly pass the virus to our community members.

Importantly, anyone can be a carrier, not have symptoms, and pass the virus to others. It is strongly recommended that those at higher risk, with compromised immunity including Elders, self-isolate.

AVOID DRINKING ALCOHOL

Alcohol damages your immune system, increasing your risk of catching COVID-19.

Stay safe,

Danny Case
Chair, Kaska Dena Council

Chief Myles Manygreghorses
Dease River First Nation

Deputy Chief Fred Lutz
Daylu Dena Council

Chief Donny Van Somer
Kwadacha Nation