



**Nisga'a Valley Health Authority  
Human Resources**

Nisga'a Valley Health Administration  
4920 Tait Avenue, PO BOX 234  
Gitlaxt'aamiks, B.C. V0J 1A0



**Nisga'a Valley Health Authority  
COVID-19 Update  
April 2021**

NVHA acknowledges the toll that the COVID-19 and restrictions have had on the Nation, communities, families and individuals. It has been a challenging year, however, collectively we need to continue to be diligent and continue to be diligent in protecting the vulnerable members of the Nisga'a Nation.

The only way we will get through this is together...as a Nation.

With the increase of active COVID-19 infections, it has come to the attention of NVHA that the precautions set out by the Province and NLG regarding social distancing, masking and isolation have been disregarded by some members of the Nation.

NVHA cannot stress enough the importance of continued diligence in regards to the continued need for Nation Wide

**Social Distancing,  
Limiting close interactions to household "Bubbles",  
No visiting other's home or community,  
Restricting travel to essential needs only and  
Ensuring masks are worn when in close contact with anyone outside of  
"Bubbles"**

\*reminder masks do not have to be worn outside if within household  
"Bubble"\*

NVHA understands the stresses COVID Isolation has had on the wellness of the community and want to emphasize that with the warmer weather we are all provided with opportunities to explore wellness opportunities outside of homes and within your household bubble.



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**Walk, run, hike or bike with those in your household bubble,  
Engage in fishing, canoeing, kayaking, boating,  
Have “drive by” visits (remain in your car to have a distanced  
conversation)  
Do arts and crafts using nature,  
Research new and exciting meals using traditional foods and  
techniques,  
Create a scavenger hunt around the Traditional Lands.**

Although NVHA is assured that the original December 2020 COVID-19 cluster has resolved, there does continue to be expected sporadic cases throughout the communities

Nisga'a Valley Health will resume Vaccinations within the Traditional Lands in the next few weeks. Although effective in limiting active COVID-19 infections, the vaccine is only one part of the prevention of potential widespread COVID-19 transmission and infection within families, homes, communities and the Nation. The responsibility lies with each individual to do their part in limiting the transmission of COVID.

Community member are still required to:

- 1) Practice meticulous handwashing/use of hand sanitizer
- 2) Mask at all times when in contact with anyone outside of the household “bubbles”
- 3) Maintain social distancing
  - at least 6 feet away from anyone outside of household “bubbles”
- 4) Limit trips outside of the community to essential purposes only
  - Medical
  - Supplies
- 5) Isolate if travelling outside of the community
  - Please refer to your worksite/community policies



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**Remember:**  
**The virus doesn't**  
**move, people do.**