



# Gitsegukla Band Council

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## **COVID-19 Update: Precautions for Essential Travel July 07, 2020**

**The gates and gatekeepers will remain in place until July 31<sup>st</sup>, 2020.**

Please remain diligent in protecting yourself, your family and the community.

We would like to remind you that traveling out of the community comes at a risk. Although News outlets have announced that numbers are decreasing, the risk of infection still remains and we ask that for the sake of your loved ones and those most vulnerable in the community, please limit yourself to essential travel only e.g. emergencies, work, food security, etc.

Precautionary Measures You Can Take During Essential Travel:

1. Avoid large crowds or crowded areas
2. Avoid contact with sick people, especially if they have a cough, fever or difficulty breathing
3. Wash your hands often with soap and under warm running water for at least for 20 seconds
4. Use alcohol-based hand sanitizer (containing 60% alcohol) if soap and water are not available and always keep some with you when you travel
5. Practice proper cough and sneeze etiquette
6. Use a mask when possible