

COVID-19: Travel – Biigtigong Nishnaabeg

BIIGTIGONG NISHNAABEG STRONGLY RECOMMENDS ALL RESIDENTS **AVOID NON-ESSENTIAL** TRAVEL OUTSIDE OF THE AREAS FROM **THUNDER BAY TO SAULT STE MARIE**.

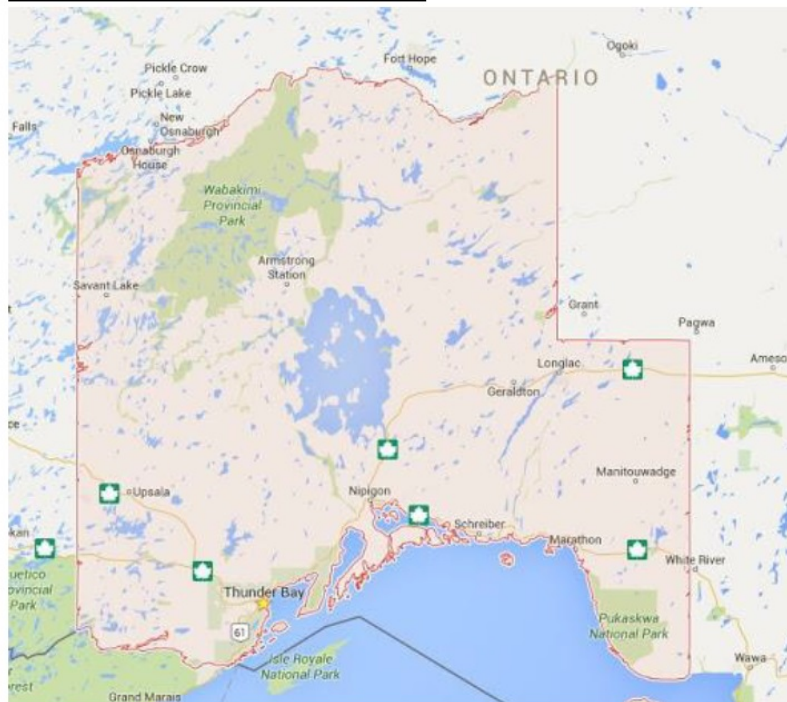
IF RESIDENTS MUST TRAVEL OUTSIDE OF THESE AREAS, YOU ARE REQUIRED TO STAY HOME FOR 14 DAYS AFTER RETURNING TO SELF- ISOLATE, THIS IS OF PARTICULAR IMPORTANCE ESPECIALLY WHEN RETURNING FROM HIGH RISK AREAS.

COVID-19: Travel – Thunder Bay District Health Unit (TBDHU)

TBDHU STRONGLY RECOMMENDS ALL RESIDENTS **AVOID NON-ESSENTIAL TRAVEL** OUTSIDE OF **NORTHWESTERN ONTARIO**. SEE MAP FOR BOUNDRIES.

IF RESIDENTS MUST TRAVEL, IT IS STRONGLY RECOMMENDED TO STAY HOME FOR 14 DAYS AFTER RETURNING, ESPECIALLY WHEN RETURNING FROM HIGH RISK AREAS.

NORTHWESTERN ONTARIO MAP



What is the difference? **Biigtigong Nishnaabeg** does not expect its members to self-isolate for travel between Thunder Bay and Sault Ste. Marie for essential purposes. However, members who travel outside of Northwestern Ontario will still be subject to Thunder Bay District Health Unit regulations for self-isolation. Example, admittance to the Marathon Arena is not permitted if you travel outside of Northwestern Ontario without self- isolating upon return.

Not sure what is expected of you when you return from essential travel? Contact Natasha Armstrong, Community Health Nurse, at 229-1836 ext 609 or email the ERT at ert@picriver.com.