



First Nations Health Authority
Health through wellness

BC Heightens Restrictions To Combat COVID-19 Spread

BC Provincial Health Officer Dr. Bonnie Henry has extended the existing “circuit breaker” through to the end of the May long weekend, until midnight on May 25, and has introduced new travel restrictions aimed at stopping the continuing rise of COVID-19 cases.

Although all details of the full travel orders are not yet finalized, these orders do include:

- Random checkpoints on major roads to ensure drivers are staying within their health authority region or travelling for essential purposes only
- BC residents will not be able to book a hotel or campsite outside of their own local health authority. Operators will cancel bookings already made
- BC Parks will refund anyone who has booked a campsite outside their health authority
- BC Ferries will stop accepting bookings for recreational vehicles (campers and trailers) and there will be no extra sailings over the May long weekend

The province has five regional health authorities, and the FNHA health regions mirror those boundaries. If you are unsure of which health authority you live in, [visit this link](#).

FNHA Acting Deputy Chief Medical Officer, Dr. Nel Wieman, says “these orders can impact our ability to connect with friends and family in other regions of the province, and it’s normal to feel frustration and disappointment.”

“We empathize with these feelings; in many ways, this pandemic has been so difficult to cope with and it may feel as if it is going on way too long,” she said.

“However, we have collectively ‘flattened the curve’ before. We can do it again!”

Although things may feel outside of our control, what we can control is focusing on following the recommended public health measures: wearing a mask, frequent hand-washing and maintaining a safe physical distance from others.

“Knowing that we are protecting our families, our communities and our Nations by maintaining safe behaviours is under our control and can reassure us. Being patient and kind to one another during this extended, stressful pandemic is always under our control.”

“As well, these orders do not restrict spending time with our immediate family—those who live with us. So we can get outdoors, spend time on the land. This is not only within our control, but is beneficial for our mental and emotional wellness.”

For additional information on available mental health and cultural supports please visit: <https://www.fnha.ca/Documents/FNHA-COVID-19-Mental-Health-and-Cultural-Supports.pdf>.

For other information and services for First Nations people, see www.fnha.ca/coronavirus.