

Shelter at Home

VS



Self - Quarantine

What is it?

Stay at home except to get necessary food, fuel, supplies, mail and medical treatment. When you go on these necessary trips, stay at least six feet away from others.

Go outside! Practice healthy outdoor activity while remaining at least six feet apart from others.

Some critical businesses are exempt; employers of these businesses should take steps to protect their employees, limit customers to small groups and adapt their business practices.

Who should Shelter at Home?

Everyone in the Haines Borough, even if you're healthy and haven't recently traveled.

If you have recently traveled, are at high-risk for COVID-19 or being treated for COVID-19 or other illness, you must follow stricter guidelines.

What is it?

Keeping yourself separated from others for 14 days, except those in your own household.

Do not go to the store. Do not go to the post office. Do not go to visit friends. Do not go to any public area. You may go outside, if you stay on your own property and do not come into contact with others.

Monitor your health. Report any fever, cough or shortness of breath to your the SEARHC Haines clinic at 766-6300.

Who should self-quarantine?

All residents and visitors arriving in Haines must self-quarantine for 14 days.

For more information, call (907) 766-6400 (0)

Self-isolation

What is it?

If you are diagnosed with the COVID-19 virus and don't need hospitalization, you will be told by your doctor to self-isolate at home and stay away from all individuals. Follow all guidelines provided by your medical team.

Haines is here for you!

The Haines Support Chain is linking volunteers and individuals needing support or assistance during this time. If you need help with grocery shopping, medication drop-off, senior lunch delivery, food box delivery or would like to connect over the phone, please call Sara at 314-3074

