



First Nations Health Authority  
Health through wellness

# COVID-19 Guide to Medical Transportation Benefits for Self-Isolation

**The Health Benefits Isolation Support team is available to support your self-isolation travel needs seven days a week from 8:30 a.m. to 4:30 p.m. Call [1-888-305-1505](tel:1-888-305-1505).**

At any time, if you have severe symptoms such as difficulty breathing, chest pain, or are losing consciousness, call 9-1-1.

If you find yourself with self-isolation needs or concerns due to COVID-19, the First Nations Health Authority (FNHA) can support you. The FNHA is following the provincial criteria for self-isolation set by the BC Centre for Disease Control.

**Individuals may be eligible for isolation support if they are unable to obtain their own accommodations and:**

- are returning to Canada from international travel including the United States;
- are confirmed as having COVID-19 or have been in contact with a confirmed case of COVID-19;
- are returning to community from a high-risk location or environment including work camps/care facilities/communities experiencing an outbreak;
- belong to vulnerable population groups identified below that would have difficulties self-isolating due to issues around transportation, food delivery, medical requirements, or where COVID-19 is present in the community;
- have symptoms of COVID-19 but no confirmed testing; or
- have a positive COVID-19 test and live more than 2 hours from a hospital.

**Vulnerable population groups include:**

- Elders (60+);
- those with pre-existing chronic conditions (such as cancer, HIV/AIDS, diabetes, asthma, renal disease, heart disease);
- individuals with compromised immune systems due to disease and/or due to treatment (treatment of cancer or organ transplantation, with their associated increasing range of chronic illnesses and inflammatory conditions);
- young children (under 5 years of age) and infants; and
- pregnant women

**The FNHA Health Benefits Isolation Support team can help you with accommodation, travel and meals if you need to self-isolate. If you think you are eligible, or have any self-isolation transportation questions, please call [1-888-305-1505](tel:1-888-305-1505).**

**For general information about COVID-19, please visit [www.fnha.ca](http://www.fnha.ca)**