

# COVID-19 Health Mandates for All Alaskans

## Three things to know about the new rules

*Effective March 28 until at least April 11*

### 1 All Alaskans must Shelter at Home

Stay at home. You may get essential supplies and groceries, but limit your trips. Do not take the entire family with you to the grocery store. Do not visit friends or family members that do not live with you, including family or friends at assisted living facilities. Outside activity is OK, but avoid playground equipment and stay at least six feet apart from anyone not in your household. Utilize curbside pick up and avoid handling cash whenever possible. All non-essential businesses must close.

**Violations of this order are punishable by a fine of up to \$1,000 or criminal charges from the state.**

### 2 No in-state travel allowed

All in-state travel between communities is prohibited unless the travel is to support "critical infrastructure" as defined in the order or "critical personal" needs. You may not travel to another community to visit family. Airports remain open; travel is limited to essential travel and anyone coming into the state is required to complete a travel declaration form and quarantine themselves at home or at their place of lodging for 14 days. This is to ensure they do not transmit the virus while unknowingly being a carrier.

### 3 Why quarantine? Because YOU could be a carrier!

Quarantining is the surest way we know (now) for identifying the virus and mitigating its spreading throughout the community. Under the governor's new mandate, the rules for quarantining have changed slightly. The only people who should be arriving in Haines via the ferry, airplane or road are essential workers who are exempt from quarantining. Some of our friends and neighbors may still be quarantining from previous travel. If for some reason you are not an essential worker and are still coming to Haines from outside Alaska, you must complete a Travel Declaration and quarantine at your home or place of lodging for 14 days to ensure you are not a carrier.

Quarantine means that you leave your designated residence or lodging ONLY for medical appointments. If you need help with groceries, mail, prescriptions, etc., please have a friend do it for you and drop it at your front door. If you need help these essential errands, please contact Haines Support Chain at 314-3074.

**If you develop a fever, cough and shortness of breath, please contact the Haines SEARHC Health Center immediately at 766-6300.**

Read state Health Mandate 011 and 012 for complete details at  
**[haines.alaska.gov](https://haines.alaska.gov)**

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