



COVID-19 UPDATE

Non-Insured Health Benefits (NIHB) COVID-19 Information

REMINDER FOR NIHB TRAVELLERS

During the pandemic NIHB continues to provide coverage for transportation to access medical appointments not available in the community where you live.

Discuss with your healthcare provider whether you should cancel your non-urgent appointment or not. If you must attend your appointment, there are some important things to remember when travelling during the pandemic.

- ❖ Follow public health guidance and take steps to help protect yourself from infection.**
- ❖ Wear a well-fitting mask/face covering.**
- ❖ Wash your hands often.**
- ❖ Avoid contact with other people or physically distance.**
- ❖ Follow the instructions of your community regarding re-entry.**
- ❖ If you have any symptoms, even mild ones, call your healthcare provider and follow their instructions.**