

- Communities are dry therefore no alcohol is to be brought into the community. Your luggage may be searched at the airport as there are luggage checks for alcohol/drugs. Nurses having luggage checked is very infrequent.
- The water is contaminated therefore use bottled or distilled water when preparing food and brushing teeth (bottle water or distilled at nursing station).
- Pack lighter weight items as it is easy to have excess weight with luggage (avoid/limit packing canned food, textbooks).
- Keep essential items, change of clothing, & a meal in your carry-on just in case luggage doesn't arrive for a day or 2 & if need to overnight unexpectedly (i.e., snow storm).
- Have a pair of work shoes for the clinic as nurses are not to wear winter boots in clinic.
- If food is packed in luggage – inform airline in case sticker needs to be applied to luggage to keep food refrigerated or frozen. Make sure luggage or cooler is well labeled (your name and address of nursing station).
- Any flight delays notify agency as alternative arrangements will need to be made. Keep \$100 on hand in case you need to overnight and no ATM or credit card access.
- It is FNHIB policy not to adopt, feed or touch the dogs.
- Don't give kids money (I'll buy them a piece of fruit as I am asked this when at the Northern store).
- Make sure CHN is at airport on time - for example, half hour to 45 minutes prior of flight for smaller airlines (Bearskin, Masaya etc.), 90 minutes for larger airlines.
- Remember ABC's – always prioritize!
- Make sure to take essential items (food, soap, medications). There won't be a lot of selection at Northern or community stores.
- Clean apartment before leaving.
- Bring own detergent when using washer/dryer facilities. Some nursing stations won't supply toilet paper etc.
- Some nursing station apartments will have internet access. There will be access in the NIC & perhaps the clinic rooms.
- The nursing station & apartments are smoke free and it is courteous to be fragrance free.

**NORTHERN TIPS:**

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- Know where "red" emergency number is in clinic room/nursing station in case of personal safety. Police will accompany patient in to nursing station if safety concern. If security guard on site then have sit nearby. Don't see patients on own where safety is an issue (call out second nurse if needed).
- Check that anaphylactic meds are not expired in kit kept in clinic room.