

NEWS RELEASE

FOR IMMEDIATE DISTRIBUTION

COVI-19 - REINFORCED GATHERING RESTRICTIONS

Kuujjuaq, March 30th, 2020 – Following the confirmation of a positive case of COVID-19 in the region, health authorities remind Nunavimmiut of all gathering restrictions currently in place. All public spaces are closed (see list attached) and everyone is asked to cancel all gatherings, including church services, funerals, weddings and baptisms. Funerals are exceptionally important and it is recommended that anyone facing this particular situation contact the NRBHSS for guidance on how to proceed accordingly. Recognizing the significance of Church services over their local FM radio stations. All bingo activities should be cancelled in all fourteen communities. Radio games not involving exchanges of products or money can still continue.

Community activities and family gatherings, including birthday celebrations, house parties and dinners with friends must be canceled or postponed. Family and friends should stop visiting each other, especially families where elders, people with immune compromising conditions or chronic diseases, or infants less than three months live. While the NRBHSS acknowledges the purpose of providing elders with a presence during these worrisome times, contact needs to be minimal. Everyone, including youth and children need to understand this.

"Nunavimmiut should realise and remember that everyone, including healthy adults, youth and children are at risk of catching and transmitting COVID-19. It is through social distancing that we can best protect one another, even if it means canceling events that are important to us as a community" reminds Minnie Grey, Executive Director of the NRBHSS.

Family members living under the same roof can continue to enjoy the outdoors, however, gathering (even outside) with other family units should be avoided. "These measures are in place to limit the spread of COVID-19 and to protect the most vulnerable in the communities. They are at a higher risk of developing complications. The only way to achieve this is by collectively avoiding physical contact with one another as much as possible.," added Dr. Marie Rochette, Director of the Public Health at the NRBHSS. Grocery stores will remain open with the advice that one person per household does the shopping while respecting the hygiene recommendation in place.

A curfew is currently in effect throughout the region. Everyone is asked to stay home between 9 P.M. and 6 A.M.

Please note that the COVID-19 situation in Canada is changing rapidly and that the above recommendations might change in the next few days or weeks.

The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55th parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.

– 30 –

Source:Nunavik Regional Board of Health and Social ServicesFor information:Josee Levesque
Communication Officer, NRBHSS
Tel.: 819 964-2222