

FOR IMMEDIATE DISTRIBUTION

## NRBHSS COVID-19 ADDRESS

**Kuujuuaq, March 13, 2020** - The NRBHSS is aware that people have may have been in contact with a confirmed case of COVID-19 and have developed minor symptoms related to it. There are cases under investigation in the region, being monitored and in isolation. All the necessary measures to protect the public and health professionals have been put in place. Given the likelihood that these people having COVID-19 is not considered high, no further action is required at this time.

Measures will be put in place if confirmation of a positive test for the coronavirus among these people is received and the population will consequently be informed.

If you have travelled outside Canada in the past 14 days, have been in contact with a confirmed case of COVID-19 and have symptoms such as fever, cough or respiratory problems, consult your CLSC and please call before going. Stay informed, wash your hands and cough into your elbow or cover your mouth with a tissue when you cough and discard the tissue accordingly. If you are sick, protect people who are more at risk (elders, people with chronic diseases) and stay at home.

“We are ready to face this situation and we are taking it seriously. Nunavimmiut will be informed if a case is confirmed in the region and our priority is to protect our population and health professionals,” stated Minnie Grey, Executive Director of the NRBHSS.

“Vigilance is required, but there is no need to panic. We are providing the health centres and the population with relevant information and are constantly adjusting according to the situation,” added Dr. Marie Rochette, Director of Public Health at the NRBHSS.

### Recommendations:

- cover mouth and nose with the elbow when coughing and sneezing or with a tissue and discard the tissue accordingly;
- wash hands frequently with soap and water or with an alcohol-based disinfectant and avoid touching the face before washing hands;
- if you are sick, avoid visiting people at risk (elders, people with chronic diseases and respiratory diseases);
- if you have symptoms such as fever, cough or respiratory problems and you travelled outside Canada or have been exposed to a confirmed case of COVID-19 during the past 14 days, consult your CLSC and please, call before going.

### Related Links:

Daily updates are available at [Coronavirus Sante et Services Sociaux Quebec](https://coronavirus.sante.gouv.qc.ca/)

### Information:

<https://nrbhss.ca/en/coronavirus>

*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 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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