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## COVID-19: MEASURES to ALLOW ONLY ESSENTIAL TRAVEL

**Kuujuuaq, March 19, 2020** - After careful consideration, official authorities agreed on the following measures in order to protect the population and limit the impact on essential health services in Nunavik:

New restrictive measures have been put in place for air travel:

- A flight ban to Nunavik will be put in place, effective for anyone coming back from a trip outside of Canada or who has been in contact with a person who has COVID-19, until the end of an isolation period of 14 days.
- All non-essential travel from the South to Nunavik must be postponed;
- Residents of Nunavik must limit their travel to the South. Travel for medical treatments and conditions that cannot be postponed will continue.

We also remind the population that people with flu-like or cold-like symptoms (cough, fever, difficulty breathing or sore throat) must avoid travelling by plane, and should stay at home.

“After meeting with airlines, it was decided to enforce a flight ban to Nunavik. Anyone coming back from traveling outside Canada or who has been in contact with a confirmed case of COVID-19 is not permitted to travel to Nunavik until they have completed 14-days of isolation” specified Dr. Marie Rochette, Director of Public Health at the Nunavik Regional Board of Health and Social Services (NRBHSS).

“These measures are put in place to protect the population and slow down any risk of spreading COVID-19. Communication with the Ministry of Health will take place to ensure that people who are presently down South stay informed” Added Minnie Grey, Executive Director of 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](#)

**Information:**

<https://nrhss.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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