

NEWS RELEASE

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EVEN THOUGH THE RISK REMAINS LOW IN NUNAVIK, THE REGION AND NUNAVIMMIUT ARE PREPARED

Kuujjuaq, February 28, 2020 – The Department of Public Health of the Nunavik Regional Board of Health and Social Services (NRBHSS) wishes to remind *Nunavimmiut* that in spite of a first probable case of COVID-19 announced yesterday in Québec in the Montréal region, the risk in Nunavik remains low.

The situation is evolving rapidly and the NRBHSS cooperates daily with the *ministère de la Santé et des Services* sociaux (MSSS) as well as the health centres at setting up measures to monitor cases and establishing procedures for providing care. All the necessary preventive measures are being taken to detect the occurrence of cases on our territory and a monitoring committee has taken the situation in hand.

Citations

"Several measures have been deployed by the NRBHSS to protect the population and prepare for potential probable cases in Nunavik in order to limit the spread in the communities. We repeat that we are ready to face this type of situation and that we are taking it very seriously even though the overall risk remains low," stated Minnie Grey, Executive Director of the NRBHSS.

"The risk is presently **not** elevated in the region. No suspected cases of COVID-19 have been reported. In the eventuality of suspected or confirmed cases, the health centres have received instructions to manage them and limit the risks of transmission to the rest of the population," added Kitty Gordon, assistant to the director of Public Health.

Highlights

- 94% of cases identified worldwide have occurred in mainland China.
- As of February 28, 76 deaths outside China have been confirmed by the PHAC.
- As of February 28, infections with COVID-19 have been confirmed in 53 countries.

Recommendations

The recommendation for voluntary isolation **does not apply to individuals who travelled to other countries**. Those persons are asked to monitor their symptoms—onset of cough, fever or breathing difficulties—during the 14 days after their departure and to communicate, as necessary, with Info-Santé 811 or, in the context of Nunavik, with the CLSC.

The recommendation for voluntary isolation **does not apply to individuals who travelled to other provinces of China**. Those persons are asked to monitor their symptoms—onset of cough, fever or breathing difficulties during the 14 days after their departure and to communicate, as necessary, with Info-Santé 811 or, in the context of Nunavik, with the CLSC.

In the present context, it is important for individuals to understand that they can protect themselves by practising hygiene measures and respiratory etiquette:

- cover the mouth and nose with the crook of the elbow when coughing and sneezing or with a tissue and discard the latter immediately in a wastebasket and wash hands if a tissue was used and after blowing the nose;
- frequently washing hands with soap and water or with an alcohol-based disinfectant remains an important measure to privilege in order to protect against most infections, including the flu and gastroenteritis, which are the principal infections in circulation this winter among the Québec population;
- avoid touching the face before washing hands;
- if you have symptoms such as fever or cough and you travelled during the past 14 days, call before visiting your CLSC. Be sure to state that you travelled recently.

Related Links

Daily updates are available at <u>https://msss.gouv.qc.ca/professionnels/maladies-infectieuses/coronavirus-2019-ncov/#situation-au-quebec</u>.

For more information:

https://www.quebec.ca/.../health/health.../a-z/2019-coronavirus/

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