

# QUARANTINE INSTRUCTIONS FOR CRITICAL WORKERS

Family name : \_\_\_\_\_ First name : \_\_\_\_\_ DOB : \_\_\_\_ / \_\_\_\_ / \_\_\_\_  
Test #1 : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Result (if applicable) :  Negative  Positive  On going  
Test #2 (if applicable) : \_\_\_\_ / \_\_\_\_ / \_\_\_\_ End of quarantine : \_\_\_\_ / \_\_\_\_ / \_\_\_\_

## The basic recommendation for all travellers to Nunavik remains a strict 14-day quarantine either prior to departure or upon arrival to the region.

This measure alone could reduce the risk of the introduction of the infection by 99%.

This being said, a critical worker whose absence would trigger a breakdown of an essential service can be authorized to work without having quarantined prior to his departure, contingent on his strict compliance with the applicable preventive measures.

### To consider:

- An initial quarantine of 7 days before entering work, when possible, remains preferable to a complete absence of quarantine. It is estimated that it can reduce the risk of transmitting the virus by 70%.
- In all circumstances, a 14-day quarantine must be observed outside of the workplace.
- If you require a second test (see Test #2 at the top of this page), **you are responsible for contacting the clinic** of your community to **arrange an appointment**, ideally by telephone, at least one day before the scheduled date for your test.

## Preventive measures in the workplace

Preventive measures must be applied and tailored to the specific circumstances of each worker:

- Remote work should be given priority whenever possible.
- The workspace must be laid out to comply with the 2-metre distancing rule (i.e., to ensure adequate space between workers), the worker must be provided a personal telephone and other necessary equipment and the worker must avoid all common areas.
- Task assignments must be reviewed to avoid the worker coming into contact with clients.

For all workplaces:

- A procedure (surgical) mask must always be worn:
  - when the nature of a given task requires that the worker be less than 2 metres from clients or colleagues;
  - in poorly ventilated rooms where there are other people, even if the 2-metres social distancing rule is observed.
- A visor or protective glasses must be worn whenever the worker is less than 2 metres from a person who is not wearing a mask.

- Strict hand hygiene procedures must always be observed.
- Self-evaluation of symptoms is critical, as is the immediate exclusion from the workplace should the person present with one or more of the following symptoms:

In the presence of any of the symptoms below, call INFO-SANTÉ Nunavik at 1 888 662-7482.

- |  |                |
|--|----------------|
| ✓ Fever ( $\geq 38C$ or 100.4F) or chills                  | ✓ Sore throat  |
| ✓ New or unusual cough                                     | ✓ Headaches    |
| ✓ Shortness of breath, difficulty breathing or chest pains | ✓ Diarrhea     |
| ✓ Loss of smell  | ✓ Fatigue      |
|  | ✓ Sore muscles |

## Outside of the workplace

- A 14-day quarantine must be strictly observed outside of the workplace.
- Carpooling or the use of public transportation must be avoided whenever possible. If not, a procedure mask must be worn the entire time.
- Individual accommodations are by far the preferable option during the quarantine period.
- **If individual accommodations is not available**, a worker can quarantine at a hotel or in shared accommodations<sup>1</sup>. However, all direct and indirect contact with the other people present must be avoided:
  - stay alone in his room (to eat, sleep, etc.);
  - limit his use of common areas (e.g., kitchen);
  - wear a mask when going to or spending time in common areas;
  - use a separate, reserved bathroom whenever possible; if this is not possible, disinfect the room before and after each use;
  - avoid sharing personal items (dishes, towels, linens, etc.);
  - open windows as often as possible (weather permitting), to air out the home and your room.
- If individual accommodations are unavailable and a worker **cannot avoid being in contact** with other occupants, the latter must comply with the same quarantine instructions as the worker, at the same time and for a 14-day period. These instructions could include not going to any daycare centres or schools, avoiding all public places, only venturing out to make their way and from work (in the case of crucial workers), and complying with all of the workplace measures indicated.

YOU CAN	YOU CANNOT
<ul style="list-style-type: none"> <li>✓ Go outdoors, either <b>alone</b> or accompanied by the people who are quarantined with you.</li> <li>✓ Have food or medication delivered.</li> </ul>	<ul style="list-style-type: none"> <li>✗ Have visitors.</li> <li>✗ Go to public places such as grocery stores.</li> </ul>

<sup>1</sup> Should someone in shared accommodations be infected by COVID-19, the other persons present will have to quarantine. The employer must ensure that such a turn of events will not impact the services offered.