

COVID-19

GUIDELINES CONCERNING GATHERINGS

The provincial government has recently ordered:

- The closure of various public spaces (e.g., bars, gyms and churches);
- A ban on all nonessential gatherings, including religious ones such as Sunday mass, funerals, weddings and baptisms.

What does this mean for Nunavik?

In addition to school and day-care closures, the following spaces must be closed:

- Churches;
- Bars;
- Restaurant dining rooms;
- Swimming pools;
- Movie theaters;
- Gyms;
- Arenas;
- Libraries;
- Youth houses;
- Day centres;
- Sewing centres;
- Gathering and gambling houses;
- Any other installation with a similar purpose.

Facilities that do not respect this closure order will be subject to fines.





Grocery stores will remain open. Please go shopping only when necessary and keep a distance of 2 meters between people at all times.

For the duration of these exceptional circumstances, we also strongly recommend **ALL gatherings**, no matter how many people attend, be **cancelled** or **postponed**. This includes:

- Religious gatherings such as weddings, funerals or Sunday mass (allituni tutsiatu);
- Community activities (e.g., fishing derbies, seasonal gatherings, etc.);
- Family gatherings and house parties.
- Here is a list of people who should avoid ALL gatherings at ALL costs, including family gatherings:
- People who have cold-like or flu-like symptoms (fever, cough, shortness of breath or sore throat) should stay at home and call their CLSC to talk to a health professional, who will evaluate if they need a test.
- Elderly people, people who are immunosuppressed (e.g., people being treated for cancer or who have received an organ transplant) and people with chronic diseases (e.g., diabetes, heart disease, lung disease), because they are at greater risk of facing severe complications if infected.
 - These people should stay home as much as possible, except for essential reasons such as going to an important medical appointment. Double check if the appointment hasn't been cancelled yet.
- Young children, since they are at greater risk of spreading disease.
- Health-care workers and other essential workers.

Please be aware that EVERYONE, including healthy adults under 60 years of age, is at risk of catching and transmitting COVID-19. This is why we recommend ALL gatherings be stopped. We must all do our part to protect the members of our communities who are most vulnerable.

For <u>exceptional</u> family gatherings, here are preventive measures that MUST be applied:

- Keep the gathering VERY small;
- Ensure the availability of soap, water and antiseptic handwash;
- Keep a distance of 2 meters between people at all times;





- Avoid sharing food and beverages as well as buffets. Prioritize meals served in individual packages;
- Avoid kissing and shaking hands;
- Avoid all close physical contact, such as participation in contact sports;
- Clean spaces with regular products (at least once a day, and ideally twice a day for surfaces frequently touched like door handles, handrails, etc.)

Other ways to reduce your risk:

- Small gatherings held outdoors are likely to be lower risk than those held indoors.
- While gatherings should be avoided, immediate family units can still enjoy outdoor activities.
- Longer gatherings present more risk than shorter ones (more opportunities for transmission).
- Use the radio to stay connected (e.g., attending Sunday mass over the FM).

Family members can continue visiting each other, but only if the following guidelines are followed:

- The same general precautions as above (see: exceptional family gatherings) apply;
- In addition:
 - Family members who are already used to visiting each other can continue doing so but should not start visiting new people or families.
 - If someone in the group starts to develop symptoms (fever, cough, shortness of breath or sore throat), they should stop visiting others immediately, stay home, and call their local CLSC for more advice.
 - The household members of the person with symptoms should stop receiving visits, and they should stop visiting others.
 - \circ $\;$ As few people as possible should visit each other at a time.
 - Elderly people, people who are immunosuppressed and people with chronic diseases should not have visitors at all.
 - If you live with an elderly person or a person who is immunosuppressed or has a chronic disease, you should avoid visiting others.





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

Exceptional family gatherings and family visits are still allowed for now if the precautions above are respected and if kept very small. However, to be on the safer side, it is still highly recommended to postpone or cancel ALL gatherings.

If cases start to appear in Nunavik, it should be expected that stricter measures will be enforced.

Special note on bingo activities

Bingo activities can be organized only if ALL of the following conditions are met:

- Bingo activities will be tolerated only if played on the radio;
- Different families, family members or friends should not gather in the same homes or other closed spaces to play together;
- No gatherings or groups of people will be tolerated around points of sale for bingo cards. A distance of 2 meters should be kept while people wait to buy cards, and they should wait outside as much as possible.
 - The same conditions apply at money-distribution points.
- Distribution points for bingo cards and money should follow guidelines regarding frequent hand washing and cleaning of surfaces.

