

COVID-19

INFORMATION SHEET

UPDATED GUIDELINES CONCERNING GATHERINGS IN NUNAVIK

These Spaces Remain Closed Until Further Notice:

- Schools
- Daycares (except emergency daycares for essential workers)
- Churches
- Bars
- Restaurant dining rooms (takeout and deliveries are still permitted as long as a distance of 2 meters is kept between people at all times, this includes while lining-up)
- Swimming pools
- Movie theatres
- Gyms
- Arenas
- Libraries
- Youth houses
- Day centers
- Sewing centers
- Gathering and gambling houses
- Any other installation with a similar purpose

Grocery stores will remain open. Only one person per household should go out to get groceries for their family. Please go shopping only when necessary and keep a distance of 2 meters between people at all times.

- Grocery stores have a role to play in ensuring that a limited number of customers are allowed inside at a time and that the required distance (2 meters) is kept between customers at all times. They must also follow hygienic recommendations.

Essential community services, like food baskets and meal distribution services can continue their operations. Hygiene and food safety recommendations have been prepared for organizations carrying out these activities.

Hygiene and food safety recommendations have also been prepared for grocery stores and restaurants (for takeout and delivery services).

Gatherings and Visits:

ALL gatherings, no matter how many people attend, should be **cancelled** or **postponed**.

This includes, yet is not limited to:

- Religious gatherings such as weddings, funerals and Church Services;
 - The Health Board acknowledges that funerals are an exceptional and important event that should only be canceled as a last resort. Please contact the Health Board directly for support on how to plan a funeral that would respect health and safety guidelines.
- Community activities (e.g. fishing derbies, seasonal gatherings, etc.)
- Family gatherings and house parties

This also applies to youth, who should stop gathering outside or inside, as well as to children who are not from the same household, who should stop playing outside together.

EVERYONE should stay home as much as possible.

Here is a list of people who should stay home **AT ALL COSTS**:

- People who have cold or flu-like symptoms (fever, cough, shortness of breath or sore throat) should stay at home and call the COVID-19 Info-Health line at **1 888 662-7482** or call their local CLSC (Nursing Station) to talk to a health professional, who will decide if testing is required.
- Elderly people, people with immune compromising conditions (e.g. **people being treated for cancer or who have received an organ transplant**), people with chronic diseases (e.g. **asthma, diabetes, heart disease, lung disease, etc.**) and infants who are less than 3 months old. These groups are at greater risk of facing severe complications if infected.
 - These people should stay home as much as possible, except for important medical appointments. Double-check to find out if the appointment has been cancelled before going.

Families and friends should also **stop visiting each other**, especially families with Elderly people, people with immune compromising conditions, people with chronic diseases or infants less than 3 months of age. We encourage everyone to use other forms of communication to stay connected, like the phone or through Facebook.

Please be aware that EVERYONE, including healthy young adults, are at risk of catching and transmitting COVID-19. This is why we recommend **EVERYONE** stay home as much as possible and stop visiting each other or gathering. We must all do our part to protect the members of our communities who are most vulnerable.

Going Outside and Community Activities:

It is still possible for **family members who live in the same household** to go outside for fresh air, or go on the land. However, gatherings between friends or families who do not live in the same household are not recommended, even if held outside.

If it is possible for members of a family living in the same household to go on the land for a few days, we encourage them to do so. Please make sure you are able to call for help in case of an emergency or if a member of the family develops symptoms while on the land.

At all times, whether indoors or outdoors, it is important to keep a distance of two meters between all people who do not live in the same household. This includes avoiding kissing and shaking hands, as well as all close physical contact, such as participating in contact sports.

Family feasts with people who do not live in the same household should be stopped. This includes other forms of sharing food and beverages in person as well as buffets. It is allowed to share food with family and friends not living under the same roof as long as we leave it on the porch and do not enter the house.

Bingo activities should be stopped. Radio games that DO NOT involve buying or selling items or an exchange of money can still continue. Other ways to use the radio to stay connected are also encouraged (e.g. attending Sunday Mass over the FM).

General Advice for Everyone, at All Times:

- Wash your hands often with soap and water for at least 20 seconds
 - Use alcohol-based hand sanitizer if soap and water are not available
 - It is especially important to wash your hands: before handling food, after going to the toilet, and after sneezing, coughing or blowing your nose.
- Avoid touching your eyes, nose, or mouth with unwashed hands.
- When coughing or sneezing:
 - Cough or sneeze into a tissue or into your elbow, not your hand.

