

# Respiratory Infectious Diseases Prevention and Management Measures for Workplaces and Organizations

December 8<sup>th</sup>, 2022

With the approach “Learning to live with the virus”, organizations as well as individuals can now prevent and manage infections due to respiratory viruses and bacteria in a simpler way.

## 1. Tools for self-management

Several tools and references are available for workplaces and workers. Below are links to tools to facilitate the autonomy of employers and their employees in the management of viruses and bacteria responsible for infectious respiratory diseases.

Institution	Link to Website	Elements Presented
<b>Ministère de la santé et des services sociaux</b>	<p><a href="#">Steps for limiting the spread of respiratory infectious diseases   Gouvernement du Québec (quebec.ca)</a></p> <p><a href="https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/22-210-34W_AideMemoire_seproteretprotegerlesautres1.pdf">https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/22-210-34W_AideMemoire_seproteretprotegerlesautres1.pdf</a></p> <p><a href="#">Using Rapid testing   Gouvernement du Québec (quebec.ca)</a></p>	<p>Instructions for the general population:</p> <ul style="list-style-type: none"><li>• What to do when you have symptoms</li><li>• Reminder “to protect your health and that of others” (in French)</li><li>• How to do a rapid test</li></ul>
<b>Nunavik Regional Board of Health and Social Services</b>	<p><a href="#">Coronavirus   Nunavik Regional Board of Health and Social Services (nrbhss.ca)</a></p> <p><a href="#">Workplaces   Nunavik Regional Board of Health and Social Services (nrbhss.ca)</a></p>	<ul style="list-style-type: none"><li>• General information about COVID-19</li><li>• Screening</li><li>• Vaccination</li><li>• Travel to Nunavik</li><li>• Other tools and guides</li><li>• Instructions for workplaces (setting-specific guidelines)</li></ul>

**Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)**

[COVID-19 Toolkit | Commission des normes de l'équité de la santé et de la sécurité du travail - CNESST \(gouv.qc.ca\)](#)

([www.cnesst.gouv.qc.ca/en/prevention-and-safety/covid-19/covid-19-toolkit](http://www.cnesst.gouv.qc.ca/en/prevention-and-safety/covid-19/covid-19-toolkit))

- Setting-specific guidelines
- Preventive measures

**2. Orders for rapid tests**

We take this opportunity to inform you that you must now contact the CLSC in your community for your rapid test needs.

**3. Orders for PPE (Healthcare settings)**

To receive personal protective equipment (PPE), you must contact directly the person responsible for medical supplies at your health center.

- CSI: Jean-Daniel Simoneau ([jean-daniel.simoneau.csi@ssss.gouv.qc.ca](mailto:jean-daniel.simoneau.csi@ssss.gouv.qc.ca))
- UTHC: Mélanie Séguin Pilon ([melanie.seguin.pilon.cstu@ssss.gouv.qc.ca](mailto:melanie.seguin.pilon.cstu@ssss.gouv.qc.ca))

**4. Support from Public Health**

You are always welcome to contact us if you have more questions regarding COVID-19 prevention or if you are facing a challenging situation. In the context of a COVID-19 outbreak, we can also assist you in the adjustment of measures as they may be warranted.

We can be reached by email at [ph.covid.organizationsmilieux.nrbhss@ssss.gouv.qc.ca](mailto:ph.covid.organizationsmilieux.nrbhss@ssss.gouv.qc.ca) or by the Info-COVID line.

Nakurmiik, Thank you,

Amélie Drolet, B.SC.Inf, Infectious diseases advisor  
Surveillance and control of respiratory virus and prevention and control team  
Department of Public Health, NRBHSS

