







## What does self-isolation involve?

People are currently being asked to self-isolate for 14 days for the following reasons:

- They have returned from a trip outside of Canada;
- They have been in close contact with a person diagnosed with COVID-19.

Self-isolation means:

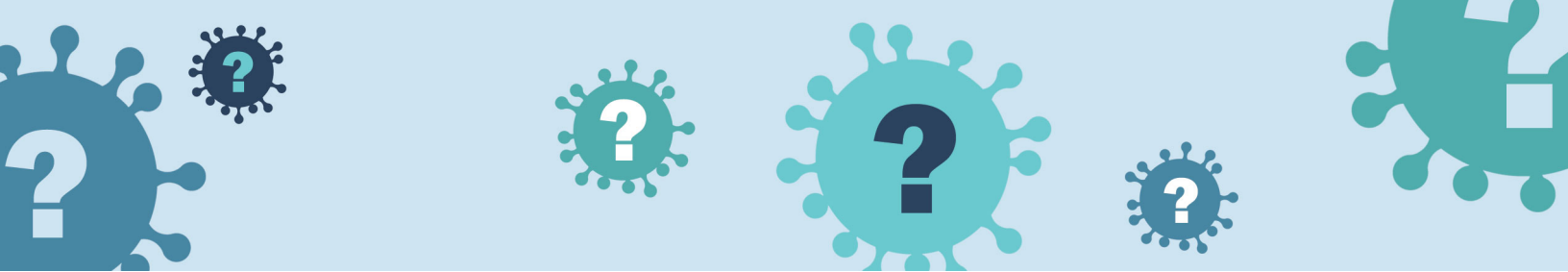
- **Staying at home** and monitoring yourself for symptoms, even if mild, for 14 days;
- **Avoiding contact** with other people to help prevent the spread of disease in your home and in your community.
  - This includes avoiding close proximity with household members and avoiding having visitors over, with the exception of individuals providing care or delivering supplies of food.

If you have to self-isolate because you are back from a trip outside of Canada or have been in contact with a person known to have COVID-19, please contact your local CLSC for instructions on how to self-isolate.

- The current situation around COVID-19 can affect people not only physically but also psychologically. You are encouraged to take care of yourself and your mental health, especially if the situation gives rise to reactions of stress, anxiety and depression. Please refer to the question “I feel I am stressed or anxious because of coronavirus, what should I do?” for tips and resources.

## What cleaning products should be used to disinfect surfaces or objects, to prevent the spread of infection?

- You can use regular household cleaners or diluted bleach (4 teaspoons or 20 ml of domestic bleach in 1 litre of water or 1 cup of bleach in 2.8 gallons or 12.6 L water) to clean high-touch surfaces.
- You can use regular detergents to wash your clothes in hot water.
- You can use regular dish soap to clean dishes.



## Why aren't we provided with masks to protect ourselves?

Masks are not an effective protective tool for the general population. Rather, their use is appropriate for patients with suspected infections who have symptoms, as well as for the health-care professionals who treat them.

## Is it possible to get the disease more than once?

Usually, once we get infected with a virus, our body combats it and prevents it from infecting us a second time.

We still don't have enough information about COVID-19 to know if that is the case.

## Should I avoid travelling? In Nunavik and elsewhere?

Presently it is not recommended to travel outside the country. It is also recommended to limit all unnecessary travel to the South.

## Is the region prepared?

We are taking all the necessary measures to face the arrival of COVID-19 in Nunavik in case it happens. Every effort will be made to maximize the effectiveness of our response. The Nunavik Regional Board of Health and Social Services (NRBHSS), the health centres as well as all regional and municipal leaders are mobilized to face the challenge in the most effective way possible.

We are all invited to take the necessary measures to limit the spread of the disease. *Nunavimmiut* are asked to stay informed and to rely only on credible sources like the NRBHSS and the health centres to take the appropriate actions.



## Are pregnant women at risk?

Due to physiological changes during pregnancy, pregnant women are more at risk of complications from respiratory infections which may lead to more significant complications for them and their unborn children.

Currently available data on COVID-19 are insufficient to demonstrate whether or not there is more risk for the pregnant woman and the unborn child.

## Are visits to the elders' homes, health centres, rehabilitation centres or group homes allowed?

All visits to the elders' homes are suspended, except for humanitarian reasons like end-of-life situations, as a **precautionary measure** to limit the spread of the virus. In those cases, visitors must circulate only where necessary.

Family and friends are also prohibited from visiting patients in both health centres, again as a **PRECAUTIONARY MEASURE**, to limit the spread of the virus.

## What about medical appointments?

Patients who have appointments, need to get their prescriptions filled or need urgent medical care can still go to their health centre or CLSC.

However, if you experience cold- or flu-like symptoms (e.g., fever, cough, sore throat or shortness of breath), please call the CLSC or health centre before going there, to protect those present.

Dental clinics in Puvirnituk and Kuujuaq will be operating for emergencies only.



