QUARANTINE: INSTRUCTIONS TO FOLLOW

Recommendations - August 25, 2020

BASIC QUARANTINE PRINCIPLE:
14 days in a row (uninterrupted) without contact with other people.

1. Make sure to have an adequate site where you can quarantine, in the South, in the North or in both regions – in that case, it is allowed to go to the airport and take the plane, and therefore to leave the house during the trip.
    - ★ **Do not** quarantine with seniors or people with a chronic illness or compromised immune system.
2. If you plan to quarantine in the North, head to the quarantine site immediately upon your arrival.
3. Stay home for the entire 14-day period.

SPECIFIC INSTRUCTIONS (based on the site of your quarantine)

- ➢ You will quarantine alone or with people who are undergoing a quarantine of 14 days at the same time as you are: follow the general instructions (see back of page).

- ➢ You are unable to be alone and you will quarantine while living with other people who are not undergoing a quarantine at the same time as you are:

    - Avoid all direct and indirect contact with these persons:
        - stay alone in a separate room of the house (where you will sleep, eat, etc.);
        - limit your use of common areas (e.g., the kitchen) and comply with all preventive measures;
        - wear a mask when going to or spending time in common areas;
        - use a separate bathroom reserved for you 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.

    - Should you be **unable** to avoid contact with members of your household, they must all follow the quarantine instructions along with you, and this for a period of 14 days.

    - Follow the general instructions (see back of page).

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GENERAL INSTRUCTIONS

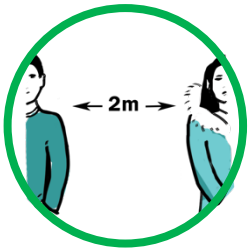
1. Monitor yourself and the members of your household for symptoms every day.

★ Buy a thermometer prior to the start of your quarantine.

If you or a member of your household develop any of the symptoms below, call INFO-SANTÉ Nunavik at 1 888 662-7482.

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

2. Comply with the preventive measures



3. What's allowed and not allowed while quarantined

YOU CAN	YOU CANNOT
✓ Do outdoor activities, either alone or accompanied by the people who are quarantined with you. ✓ Have food or medication delivered to your home.	× Have visitors come to your home. × Go to public places such as grocery stores, etc.

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