



Recommendations for community cooking & meal sharing - Prevention of COVID-19

Nunavik reopening

These guidelines were developed to support the community cooking & meal sharing (e.g. men’s breakfast, elder’s gathering) initiatives to restart safely. The guidelines can always change based on the evolution of the situation in the region.

As the Nunavik region reopens, preventive measures are still very important since they will help slow down the spread of the virus in case it is reintroduced.

COVID-19 is most commonly spread from people to people through:

- Close contact with an infected person, when the person coughs or sneezes and is less than two metres away from you;
- Direct contact, such as touching or shaking hands with the infected person then touching your mouth, nose or eyes before washing your hands;
- Touching any object that has been contaminated by a sick person, then touching your mouth, nose or eyes before washing your hands.

The risk of transmission of COVID-19 through food is very low. However, it is important to continue to follow proper food hygiene measures to prevent other foodborne illness.

What you can do to help protect against the virus

Who should not participate in community cooking and community meals activities (as employee or participant)

- People coming back from a trip outside Nunavik. They are required to undergo a 14-day quarantine.
- People presenting symptoms of COVID-19 (such as fever, cough, breathing difficulties).
- People who have been in contact with a suspected or confirmed case of COVID-19 or who have been diagnosed with COVID-19.



Continue to protect ourselves by reinforcing hygiene measures

- Wash hands often with soap and water for at least 20 seconds (when arriving and leaving, before handling food, after handling raw food or waste, after performing cleaning/disinfecting, after going to the toilet, after sneezing, coughing or blowing nose, after eating, drinking or smoking).
 - Gloves are not recommended. They become contaminated like hands and people wearing them often forget the basic hygiene rules.
 - Use hand sanitizer when water is not available (ex: activity on the land).
- Avoid touching face (nose, mouth and eyes). Be even more careful if you are a smoker.
- Cough and sneeze into the elbow.
- Keep a distance of two metres (six feet) or more.
 - Limit the number of participants to maintain the distance of 2 meters in the kitchen and/or in the dining room.
 - Have different work stations in the kitchen to limit circulation during cooking (one person in charge of one specific task and stay at the same station as much as possible)
- Avoid sharing of material and paper recipes between participants during cooking and when eating.
- It is recommended that only one person who previously washed hands serve the food to all the participants to avoid sharing of utensils.
- Cover your face (if less than 2 meters)
 - Employees and participants who cannot avoid being in close contact (less than two metres) with others should wear a mask.

Increase cleaning and sanitizing

- Disinfect high touched surfaces at least after each activity (e.g., door and refrigerator handles, counters, washrooms, tables, chairs, light switches) and at least few times per day.

*Disinfectants or disposable disinfectant wipes are effective against COVID-19. Read indications on the container for proper use. You can also use diluted bleach (4 teaspoons (20 ml) of domestic bleach in 1 L (4 cups) of water). Use a fresh mix of water and bleach every day.

If delivering leftovers

- Deliver the food on the porch (do not enter the house).
- Keep hand sanitizer in the vehicle used to do the delivery so the people doing the delivery can wash their hands often.

For general information related to COVID-19, contact 1-833-301-0296, chat with the NRBHSS Facebook page through *Messenger* or consult the webpage <https://nrbhss.ca/en/coronavirus>.

Useful links

Government of Québec

Questions and answers pertaining to employers and workers during the COVID-19 pandemic:
<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/answers-questions-coronavirus-covid19/employers-workers-covid-19/#c52726>

Useful NRBHSS tools

Protect yourself, protect others FLYER https://nrbhss.ca/sites/default/files/covid19/flyer_EN.pdf

Protect yourself, protect others POSTER

https://nrbhss.ca/sites/default/files/covid19/poster11x17_EN.pdf

Flyer: Recommendations to the general public and organizations

https://nrbhss.ca/sites/default/files/covid19/Coronavirus_recommendations_EN.pdf