



Recommendations for community cooking, meal sharing and food assistance initiatives - Prevention of COVID-19 Nunavik reopening

These guidelines were developed to support community cooking and meal sharing initiatives (e.g., men's breakfast, gathering of Elders) devised to support the safe reopening of Nunavik following COVID-19. The guidelines, which also apply to food assistance initiatives (e.g., food hampers, meals on wheels, etc.), may change depending on the evolution of the situation in the region.

As the Nunavik region reopens, preventive measures will remain important, as they will help slow down the spread of the virus should it be reintroduced.

COVID-19 is most commonly transmitted between individuals, notably through:

- Close contact with an infected person who coughs or sneezes from a distance of less than two metres;
- Direct contact, such as touching or shaking hands with an infected person, followed by touching one's mouth, nose or eyes without first washing one's hands;
- Touching any object contaminated by an infected person, then touching one's mouth, nose or eyes without first washing one's hands.

While the risk that COVID-19 will be contaminated through food is very low, it is nonetheless important to adopt proper food hygiene measures to prevent other foodborne illnesses.

Protection from the virus

Who should not participate (employees, volunteers or participants)

- People who are quarantined following a trip outside of Nunavik.
- People presenting with COVID-19 symptoms (e.g., fever, cough, difficulty breathing).
- People who have been in contact with a suspected or confirmed case of COVID-19 or who have been diagnosed with COVID-19.



Continued protection through reinforced 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 executing cleaning/disinfection measures, after going to the toilet, after sneezing, coughing or blowing one's nose, and before and after eating, drinking or smoking).
 - Gloves are not recommended. They become contaminated much like hands do and can give the people wearing them a false sense of security, leading them to forget basic hygiene rules.
 - A hand sanitizer should be used whenever water is not available (e.g., when on the land).
- Avoid touching face (nose, mouth and eyes). Smokers have to be even more careful.
- People should cough or sneeze into their elbow.
- People should practice social distancing, i.e., remain at a distance of two metres (six feet) or more from other people. It is also recommended to:
 - Limit the number of people in the kitchen or dining room so as to make it easier to observe social distancing (2 meters).
 - Implement individual work stations to keep traffic to a minimum (i.e., assign one person to one specific task and have them stay at the same station as much as possible).
 - Respect the stability of groups already in place (e.g., classrooms, for school activities).
- Materials and paper recipes should not be shared with others. Each person should have their own materials (e.g., paper, utensils, cutting board, etc.).
- When sharing meals, it is recommended that only one person (who previously washed their hands) serve the food to all participants; this will prevent the sharing of utensils.
- Covering one's face:
 - All persons aged 10 years or more must wear a mask or other face covering in enclosed public spaces (this also applies to community organizations).
 - People can remove their masks when eating (contingent on being seated 2 meters from one another).



Increased cleaning and disinfection measures

- Highly-touched surfaces should be cleaned and disinfected at least after each activity (e.g., door and refrigerator handles, counters, washrooms, tables, chairs, light switches) and at least a few times per day.

*Disinfectants or disposable disinfectant wipes are effective against COVID-19. Read all product indications to ensure proper use. It is also possible to use diluted bleach (4 teaspoons [20 ml] of household bleach in 1 L [4 cups] of water). A fresh mixture of water and bleach should be prepared every day.

Delivery of meals or food hampers

- All deliveries should be left on the client's porch whenever possible, and 2-meter social distancing rules must be adhered to. Delivery persons required to enter a house (e.g., delivery to a person with a mobility loss) must wear a medical mask if available or a fabric face covering.
- Delivery vehicles must be equipped with hand sanitizer so that delivery persons can wash their hands often (after each delivery).
- People who order food should wash their hands after receiving their delivery and before eating.

General information related to COVID-19 can be obtained by calling 1-833-301-0296, via the Messenger app (NRBHSS Facebook page) or by consulting the Web page <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>