

Respiratory Infectious Diseases Prevention and Management Measures for Workplaces and Organizations

September 2nd, 2025

The respiratory virus season will be starting soon across Quebec and in Nunavik. Organizations, workplaces and individuals can help prevent and manage infections due to respiratory viruses and bacteria in a simple way.

Tools for self-management

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

Institution	Link to website	Elements presented
Ministère de la santé et des Services sociaux	Steps for limiting the spread of respiratory infectious diseases (quebec.ca) Influenza (Quebec.ca) Washing hands, simple and effective!	Instructions for the general population: - What to do when you have symptoms? - Reminder “to protect our and other’s health” Hand washing technique poster
Nunavik Regional Board of Health and Social Services	Coronavirus Nunavik Regional Board of Health and Social Services (nrbhss.ca) Workplaces Nunavik Regional Board of Health and Social Services (nrbhss.ca)	Respiratory viruses and COVID-19 in Nunavik
Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)	Questions and answers – respiratory infectious diseases and COVID 19 Commission des normes de l'équité de la santé et de la sécurité du travail - CNESST (gouv.qc.ca)	- Preventive measures - Questions and answers: respiratory infectious diseases and COVID

COVID rapid tests

Contact the CLSC in your community for your rapid test needs.

Orders for PPE (Healthcare settings)

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

- CSI: Mathieu Ménard (mathieu.menard.csi@ssss.gouv.qc.ca)
- UTHC: Jean-Daniel Simoneau (jean-daniel.simoneau.cstu@ssss.gouv.qc.ca)

Support from Public Health

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

We can be reached by email at ph.community.ipc.nrbhss@ssss.gouv.qc.ca or by calling 811 to speak with a nurse.

Nakurmiik, Thank you,

Community Infection Prevention and Control Team
Department of Public Health, NRBHSS

