



DIRECTIONS TO FOLLOW AFTER A NEGATIVE RESULT FOR A COVID-19 TEST IN NUNAVIK

The result for your COVID-19 test is negative. **HOWEVER**, a negative result does not completely eliminate the possibility that you have been infected by the virus: it may be a false negative if the test was performed too early or if the sampling method was faulty. **Consequently, read the following instructions carefully.**

If you are a traveller in quarantine or a contact of a COVID-19 case:

- You are required to maintain your isolation as previously planned.

If you are not a traveller in quarantine or a contact of a COVID-19 case:

You may end your isolation only if:

- your symptoms have resolved or improved for at least 24 hours,
- and you have not had a fever ($\geq 38^{\circ}\text{C}$ or 100.4°F) for at least 48 hours (without taking fever medication such as Tylenol, Motrin, etc.).

If your symptoms are improving:

- it is possible that you have contracted a virus other than COVID-19;
- it is therefore recommended that you avoid all social contacts, especially with vulnerable persons (aged 60 and over, chronically ill or immunocompromised), for as long as you have symptoms.

For everyone:

At all times:

- wear a mask when required and respect health measures and physical distancing.

If your symptoms persist or worsen:

- you must continue your isolation,
- and call the Nunavik INFO-HEALTH line at 1 888 662-7482 to have your condition reassessed.