





## Screening for COVID-19 before departure

- **For flights departing from the Montréal-Trudeau Airport**, advance screening is not required. The test may be performed at the airport. Plan on arriving at least two hours before your flight's departure time. Proof of a negative result for a test performed at a designated testing center within 96 hours of departure is also accepted.
- **For flights departing from the Jean Lesage Airport in Québec City**, no on-site screening for COVID-19 is available. You may visit a designated testing center in your region. Proof of a negative result for a COVID-19 test performed within 96 hours of departure must be presented.
- **For flights departing from the airport of La Grande-Rivière or Schefferville**, if you cannot obtain a test before departure, visit the health centre of your community upon arrival on the Nunavik territory to be tested for COVID-19.

### For people travelling to Whapmagoostui and going through Kuujuaaraapik:

- Nunavik Territory Access Authorization (NTAA) is required. Fill out the following questionnaire:

<https://form.dragnsurvey.com/survey/r/9baa781e>

- No test is required to obtain the NTAA.
- Refer to the *Quarantine Act* applicable to this territory (mandatory self-isolation law):

<https://www.cngov.ca/covid-19/#self>

Areas of risk: <https://www.cngov.ca/covid-19/#risk>

The established measures aim to limit the spread of COVID-19 on the Nunavik territory. On behalf of all *Nunavimmiut*, we thank you for your cooperation.



# GENERAL INSTRUCTIONS

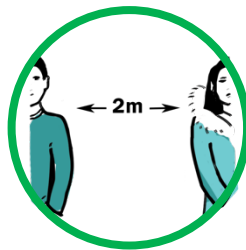
## 1. Monitor yourself and the members of your household for symptoms every day.

★ 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 ( $\geq 38^{\circ}\text{C}$ or $100.4^{\circ}\text{F}$ ) or chills | ✓ Sore throat  |
| ✓ New or unusual cough   | ✓ Diarrhea     |
| ✓ Shortness of breath, difficulty breathing or chest pains                 | ✓ Fatigue      |
| ✓ Loss of smell  | ✓ Headaches    |
|  | ✓ Sore muscles |

## 2. Comply with the preventive measures



## 3. What's allowed and not allowed while quarantined

| YOU CAN   | YOU CANNOT   |
|---|--|
| <ul style="list-style-type: none"> <li>✓ Do outdoor activities, either alone or accompanied by the people who are quarantined with you.</li> <li>✓ Have food or medication delivered to your home.</li> </ul> | <ul style="list-style-type: none"> <li>✗ Have visitors come to your home.</li> <li>✗ Go to public places such as grocery stores, etc.</li> </ul> |