







INSTRUCTIONS FOR TRAVEL TO NUNAVIK AIR INUIT PASSENGERS

September 13, 2020

Step 1

For the purpose to allow us to assess your admissibility, fill out the questionnaire below once your flight has been reserved, at least 72 hours before departure:

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

Step 2

An authorization to access the territory of Nunavik (NTAA/AATN) will be sent to you by email following the analysis of your questionnaire.

Given that **quarantine** is the most effective method to prevent the spread of COVID-19, the obligation to quarantine applies to all travellers. Quarantine may be carried out in the South or in the North (or a combination of both). Quarantine must be for an uninterrupted period of 14 days, apart from the day of travel to Nunavik.

Step 3

Health questionnaire

On the day of the flight, you will need to fill out a health questionnaire. People who have symptoms of COVID-19 and those who are in isolation after close contact with a confirmed case of COVID-19 will not be permitted to board.

¹ A critical worker whose absence would cause an interruption to an essential service may be authorized to work during his or her quarantine. The organization hiring a worker is responsible for providing instructions adapted to the work in question to minimize risks of transmission (e.g., distancing of two metres, use of a mask and visor, strict hand hygiene, self-monitoring of symptoms). **Outside work hours, the critical worker must remain in quarantine**.











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 Kuujjuaraapik:

• 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.











QUARANTINE: INSTRUCTIONS TO FOLLOW

Recommendations - August 25, 2020

BASIC QUARANTINE PRINCIPLE: 14 days in a row (uninterrupted) without contact with other people.

- 1. Make sure to have an adequate site where you can quarantine, in the South, in the North or in both regions in that case, it is allowed to go to the airport and take the plane, and therefore to leave the house during the trip.
 - ★ **Do not** quarantine with seniors or people with a chronic illness or compromised immune system.
- 2. If you plan to quarantine in the North, head to the quarantine site immediately upon your arrival
- 3. Stay home for the entire 14-day period.

SPECIFIC INSTRUCTIONS (based on the site of your quarantine)

- You will quarantine alone or with people who are undergoing a quarantine of 14 days at the same time as you are: follow the general instructions (see back of page).
- You are unable to be alone and you will quarantine while living with other people who are not undergoing a quarantine at the same time as you are:
 - Avoid all direct and indirect contact with these persons:
 - o stay alone in a separate room of the house (where you will sleep, eat, etc.);
 - o limit your use of common areas (e.g., the kitchen) and comply with all preventive measures:
 - o wear a mask when going to or spending time in common areas;
 - o use a separate bathroom reserved for you whenever possible; if this is not possible, disinfect the room before and after each use;
 - o avoid sharing personal items (dishes, towels, linens, etc.);
 - o open windows as often as possible (weather permitting), to air out the home and your room.
 - Should you be **unable** to avoid contact with members of your household, they must <u>all</u> follow the quarantine instructions along with you, and this for a period of 14 days.
 - Follow the general instructions (see back of page).











GENERAL INSTRUCTIONS

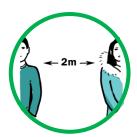
- 1. Monitor yourself and the members of your household for symptoms every day.
 - ★ Buy a thermometer prior to the start of your quarantine.

If you or a member of your household develop any of the symptoms below, call INFO-SANTÉ Nunavik at 1 888 662-7482.

- ✓ Fever (≥ 38C or 100.4F) or chills
- ✓ New or unusual cough
- ✓ Shortness of breath, difficulty breathing or chest pains
- ✓ Loss of smell

- ✓ Sore throat
- ✓ Diarrhea
- ✓ Fatigue
- ✓ Headaches
- ✓ Sore muscles
- 2. Comply with the preventive measures







3. What's allowed and not allowed while quarantined

YOU CAN	YOU CANNOT
✓ Do outdoor activities, either alone or accompanied by the people who are quarantined with you.	Have visitors come to your home.Go to public places such as grocery stores, etc.
✓ Have food or medication delivered to your home.	

