



COVID-19

Useful Questions & Answers

How do we know if we have the disease?

Most people who get infected with COVID-19 will have few or no symptoms and will recover naturally at home. Some may feel symptoms similar to those of the common cold or flu (fever, cough, shortness of breath or sore throat). Only a small number of people will need to be hospitalized.

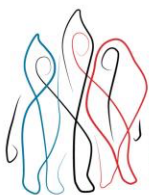
COVID-19 infections are diagnosed by a health-care professional, who will evaluate a person's symptoms and risk factors for COVID-19. A confirmation with a laboratory test is required for the diagnosis.

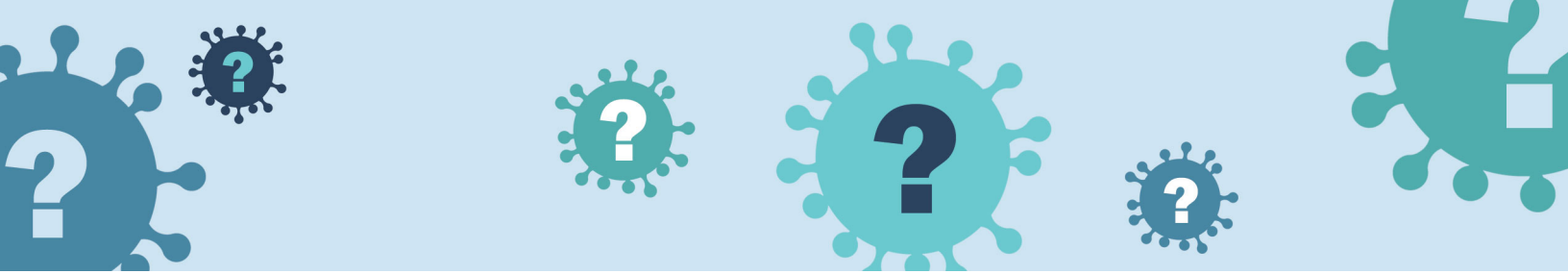
If you think that you might have COVID-19, protect others around you, and please call your local CLSC before going there, to prevent the spread of the disease to others.

How do you catch the disease?

COVID-19 is most commonly spread through:

- Close contact with an infected person, when the person coughs or sneezes and is less than 2 meters away from you;
- Direct contact, such as touching or shaking hands with the infected person then touching your mouth, nose or eyes;
- Touching an object that has been contaminated by a sick person, then touching your mouth, nose or eyes.





What are the symptoms of COVID-19?

The main symptoms of COVID 19 are:

- Fever;
- Cough;
- Respiratory difficulties.

Symptoms may be mild (similar to a cold) or more severe.

How can we protect ourselves?

Proper hygiene can help reduce the risk of infection or spreading the infection to others:

- Wash your hands often with soap and water for at least 20 seconds:
 - use alcohol-based hand sanitizer if soap and water are not available;
- Avoid touching your eyes, nose or mouth with unwashed hands;
- When coughing or sneezing:
 - cough or sneeze into a tissue or into your elbow, not your hand;
 - dispose of any tissues you have used as soon as possible in a lined wastebasket and wash your hands afterwards.
- Cleaning high-touch surfaces with regular household cleaners or diluted bleach (1 part bleach to 9 parts water) is recommended if you think that they have been touched by someone with cold-like or flu-like symptoms. These surfaces include:
 - Toys;
 - Toilets;
 - Phones;
 - Electronics;
 - Door handles;
 - Bedside tables;

Social distancing is also key:

- Avoid all gatherings;
- Keep a distance of 2 meters from others when you have to be around other people, such as, for example, at the grocery store.



What does self-isolation involve?

People are currently being asked to self-isolate for 14 days for the following reasons:

- They have returned from a trip outside of Canada;
- They have been in close contact with a person diagnosed with COVID-19.

Self-isolation means:

- **Staying at home** and monitoring yourself for symptoms, even if mild, for 14 days;
- **Avoiding contact** with other people to help prevent the spread of disease in your home and in your community.
 - This includes avoiding close proximity with household members and avoiding having visitors over, with the exception of individuals providing care or delivering supplies of food.

If you have to self-isolate because you are back from a trip outside of Canada or have been in contact with a person known to have COVID-19, please contact your local CLSC for instructions on how to self-isolate.

- The current situation around COVID-19 can affect people not only physically but also psychologically. You are encouraged to take care of yourself and your mental health, especially if the situation gives rise to reactions of stress, anxiety and depression. Please refer to the question “I feel I am stressed or anxious because of coronavirus, what should I do?” for tips and resources.

What cleaning products should be used to disinfect surfaces or objects, to prevent the spread of infection?

- You can use regular household cleaners or diluted bleach (1 part bleach to 9 parts water) to clean high-touch surfaces.
- You can use regular detergents to wash your clothes in hot water.
- You can use regular dish soap to clean dishes.



Why aren't we provided with masks to protect ourselves?

Masks are not an effective protective tool for the general population. Rather, their use is appropriate for patients with suspected infections who have symptoms, as well as for the health-care professionals who treat them.

Is it possible to get the disease more than once?

Usually, once we get infected with a virus, our body combats it and prevents it from infecting us a second time.

We still don't have enough information about COVID-19 to know if that is the case.

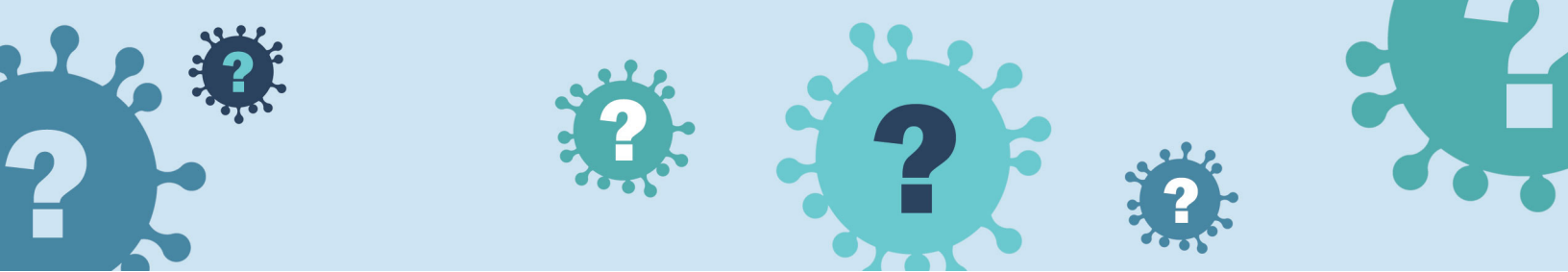
Should I avoid travelling? In Nunavik and elsewhere?

Presently it is not recommended to travel outside the country. It is also recommended to limit all unnecessary travel to the South.

Is the region prepared?

We are taking all the necessary measures to face the arrival of COVID-19 in Nunavik in case it happens. Every effort will be made to maximize the effectiveness of our response. The Nunavik Regional Board of Health and Social Services (NRBHSS), the health centres as well as all regional and municipal leaders are mobilized to face the challenge in the most effective way possible.

We are all invited to take the necessary measures to limit the spread of the disease. *Nunavimmiut* are asked to stay informed and to rely only on credible sources like the NRBHSS and the health centres to take the appropriate actions.



Are pregnant women at risk?

Due to physiological changes during pregnancy, pregnant women are more at risk of complications from respiratory infections which may lead to more significant complications for them and their unborn children.

Currently available data on COVID-19 are insufficient to demonstrate whether or not there is more risk for the pregnant woman and the unborn child.

Are visits to the elders' homes, health centres, rehabilitation centres or group homes allowed?

All visits to the elders' homes are suspended, except for humanitarian reasons like end-of-life situations, as a **precautionary measure** to limit the spread of the virus. In those cases, visitors must circulate only where necessary.

Family and friends are also prohibited from visiting patients in both health centres, again as a **PRECAUTIONARY MEASURE**, to limit the spread of the virus.

What about medical appointments?

Patients who have appointments, need to get their prescriptions filled or need urgent medical care can still go to their health centre or CLSC.

However, if you experience cold- or flu-like symptoms (e.g., fever, cough, sore throat or shortness of breath), please call the CLSC or health centre before going there, to protect those present.

Dental clinics in Puvirnituk and Kuujuaq will be operating for emergencies only.



Overcoming reactions to stress, anxiety and depression is possible. Still, some unease may persist for some weeks or months and can even worsen. If you feel the situation is deteriorating, it may mean that your personal resources no longer suffice to manage your worries, and seeking help might be beneficial.

Health and social services of Nunavik in every community: 819 ###-9090

24/7 help lines:

- Kamatsiaqtut Help Line: 1-800-265-3333 (English/Inuktitut)
- First Nations and Inuit Hope for Wellness Help Line: 1-855-242-3310 (English/French)
- Kids Help Phone: 1-800-668-6868 www.kidshelpphone.ca (English/French)
- Suicide-prevention centre: 1-866-APPELLE (277-3553)

To answer your questions on COVID-19:

- NRBHSS info line and chat: 1-833-301-0296
- NRBHSS Facebook/Messenger: <https://www.facebook.com/NunavikHealthBoard/>