Covid-19

MEMO – March 13, 2020

RECOMMENDATIONS TO THE GENERAL PUBLIC AND ORGANIZATIONS

- Cover your mouth and nose with the elbow when coughing and sneezing or with a tissue and dispose of the tissue in the garbage right away
- Frequently wash hands with soap and water or with an alcohol-based disinfectant and avoid touching the face before washing hands
- If you are sick, avoid visiting people at risk (elders, people with chronic disease and respiratory disease)
- The NRBHSS recommends postponing any non-essential gatherings that involve people traveling between villages or from the South
- The NRBHSS reiterates the interdiction by the national Director of public health of any gathering of more than 250 people
- You are encouraged to maintain community activities in small groups like hockey, school, church etc.
- If you decide to hold a gathering of fewer than 250 persons deemed "essential", please contact the NRBHSS (info@sante-services-sociaux.ca)

If you hold an event:

- Do not allow people with COVID-19 to attend the event
- Avoid the presence of elders (70 +), immunosuppressed people and people with chronic diseases (diabetes, respiratory or cardiac disease)
- Implement preventive measures for gatherings:
  - Strengthen hand and respiratory hygiene practices during the event and ensure the availability of soap, water and antiseptic hand wash
  - Avoid sharing food and beverages, prioritize meals served in individual packages, buffets should be avoided
  - Avoid kissing and shaking hands
  - Ensure cleaning with regular products (at least once a day, and ideally twice a day for surfaces frequently touched like door handles, handrails, etc.)

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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES