

# GET-TOGETHERS

## Gatherings and audiences during the COVID-19 pandemic

- Since September 21, 2020, the rules concerning gatherings and activities in public places depend on the alert level in force.
- In general, people are being asked to avoid unnecessary social contact, for example, gatherings with family or friends, weddings.
- **The guidelines can always change, based on the evolution of the situation in the region.**
- Gatherings must be kept to a limited number of people in accordance with the measures in force in your region. **Refer to NUNAVIK: MOVING FORWARD SAFELY.**

### Recommendations specific to private indoor or outdoor get-togethers:

- Weather permitting, outdoor get-togethers should be favoured over indoor get-togethers.
- It is still important to maintain a distance of two metres from others who do not live under the same roof (same household) and to try to keep such get-togethers with the same people rather than different people each time.
- Keep a small social circle. Try to always meet with the same people. Outside is better.
- If the recommended physical distance cannot be maintained, the number of guests must be reduced.
- The use of a mask or face covering is strongly recommended.
- Stay at home if you have been diagnosed with COVID-19, if you are waiting for a result, if you were told to self-isolate or if you have symptom related to COVID-19. Call **1-888-662-7482** to be tested. **This applies to the persons hosting a gathering, guests and people who live in the same household.**
- When intending to visit a household where an elder or someone with a chronic illness lives, ask for their permission before visiting.

People who are more at risk of developing complications if they catch COVID-19, that is, people who are 60 years of age or older, people who have chronic diseases or a weakened or compromised immune system, are advised to limit their movements and to limit or reduce contact with other people. If a person who is at risk nonetheless decides to participate in a gathering, they must rigorously follow the health recommendations applicable to everyone. **See specific section below.**



## Recommendations specific to the host:

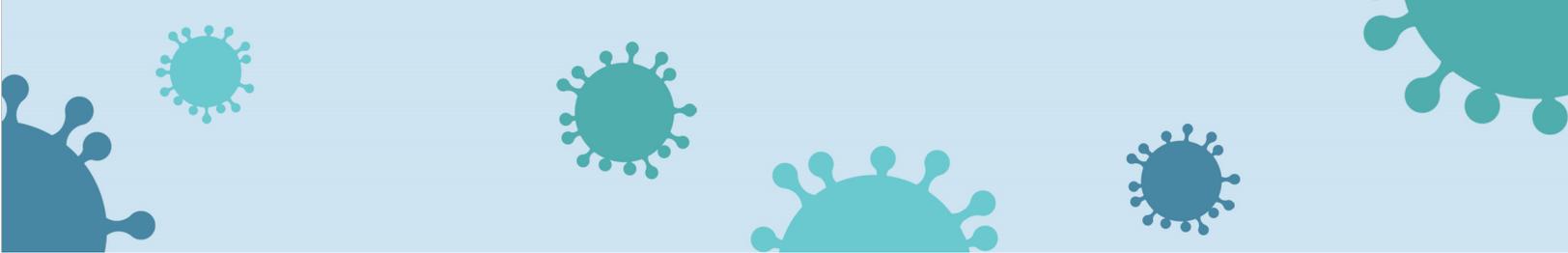
- Ask your guests to wash their hands for 20 seconds with soap and water or with an alcohol-based hand rub (60% or higher) when they arrive and as often as necessary.
- Suggest alternative greetings without contact and avoid handshakes and hugs, even with children.
- Clean high-touch surfaces (door handles, switches, etc.) before your guests arrive and frequently while they are in your home.
- If the bathroom is used by members of more than one household, clean high-touch surfaces frequently during the event.
- Keep the windows open to ensure good air flow in the home, weather permitting. Avoid using fans that blow air directly on people.
- If a meal is planned, make sure the food is served by only one person and that they wash their hands properly first.
- If a meal is planned, as much as possible, arrange seating so that people of the same household are seated together.
- During the meal, avoid sharing items as much as possible.
- Write down the guests' names, the date they visited and the activities carried out. This information may be useful to regional public-health authorities if you or one of your guests is diagnosed with COVID-19 in the days after the visit.

## Recommendations specific to children:

- In general, your child should avoid hugging visitors, especially if they are vulnerable.
- Practicing physical distancing of two metres at all times is the main measure to follow to keep your family and your guests safe.
- Between children aged 16 and under, physical distancing of one metre applies.
- Although it is best not to share toys, children are allowed to share their toys. If possible, it should be avoided.
- Toys should be disinfected before and after use.
- Children should wash their hands before and after sharing toys.

## Health recommendations for everyone:

- Wash hands often (for a minimum of 20 seconds) with soap under warm running water.
- Use alcohol-based hand-rub disinfectant on your hands if soap and water are not available.
- Cough or sneeze into the crook of the elbow or into a tissue and discard the tissue immediately. If you use a tissue, wash your hands after.
- If you are sick, avoid contact with more vulnerable people, including people who are 60 years of age or older and people with a weak immune system or a chronic disease.

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- Maintain a safe distance of two metres from people from different households.
  - Avoid direct contact when you greet someone, such as shaking hands, and use alternative ways to greet people.
  - Wear a mask especially in the presence of elders or vulnerable persons.
  - Cover your face in public transit and in most enclosed and partially enclosed public places where wearing a face covering is mandatory for people aged 10 and over.
  - Do not share items that get in contact with saliva, e.g., bottles, dishes and cigarettes.
  - Limit the sharing of equipment as well as money exchanges if possible.
  - Stay at home if you have COVID-19-like symptoms. Call 1-888-662-7482 to be tested.

## Recommendations specific to activities and audiences in public places:

### Audiences in public places:

Depending on the alert level in your region, activities organized in public places (places of worship, festive events, weddings, work or school celebrations, etc.) may be allowed, provided the measures in force in your region are observed.

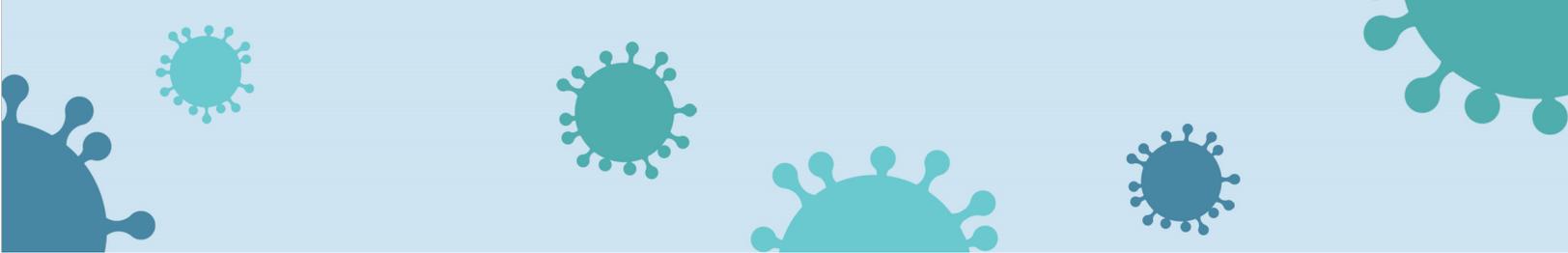
For funerals, refer to **Recommendations for Nunavik churches – Prevention of COVID-19**.

Only members of the audience or the public are included when counting the maximum number of people who can participate. The staff as well as the people who put on a performance are not included in this limit.

The organizers must ensure that the capacity of the site allows a distance of two metres to be maintained between the people or households gathered. They should take measures to inform participants that they should maintain such a distance from any other households gathered. They will also be responsible for ending the activity when compliance with the rules becomes impossible. They must also manage entrances and exits as well as service areas to ensure the measures are observed.

### Physical distancing in public places:

- People must keep two metres apart, in both indoor and outdoor public places.
- As for gathering in private places, physical distancing will not apply to people from the same household.
- In places where there are more movements, people will still have to keep two metres apart. Wearing a mask or face covering is mandatory indoors for people aged 10 and over and is recommended outdoors.



In addition, for activities and audiences in public places (e.g., community hall):

- Make hand-sanitizing installations readily accessible at all times.
- Ensure good ventilation of the room or open windows when possible.
- If feasible, keep a log of people with their name and date of participation to facilitate a public-health inquiry if needed.
- Disinfect frequently touched surfaces on a regular basis (e.g., door handles, tables, equipment).