NUNAVIK REOPENING

Hunting and Fishing Trips

Context:

- Harvesting activities are central to Nunavimmiut life and provide food for communities.
- Harvesting activities are not prohibited during the pandemic. However, only people from the same household were able to go together prior to reopening. This limited harvesting possibilities since households sometimes have only one hunter. Prior to reopening, people were also not allowed to travel to other communities to access other hunting/fishing areas.
- People from different households want to go fishing or hunting together and some want to access remote areas by chartered flights, helicopter or boat.
- Harvesters are eager to start beluga and walrus hunting in June.
- Given the low incidence of COVID-19 in Nunavik, some restrictions can now be lifted on gathering and travelling from one community to another, which will allow Inuit to continue their harvesting activities and to take part in the beluga and walrus hunting season.
- Given the importance of harvesting activities in Inuit culture, some recommendations need to be developed to allow hunting and fishing trips to continue in a situation where new cases of COVID-19 may appear in the region.

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NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

Guidelines for Harvesters

General Guidelines for harvesting activities

- When going hunting or fishing, try to limit the number of people present and also limit the number of members from different households. Try to harvest with the same people to limit the number of people you are in contact with.
- We encourage people to go hunting and fishing with people from their own community.
- People who travelled to the South need to self-isolate for 14 days prior to or upon arrival in Nunavik before going out for a harvesting trip with others.
- If you experience fever, cough, shortness of breath, diarrhea, head or body ache or fatigue, loss of smell or taste, you should not go on a fishing or hunting trip; call your local clinic to get tested.
- Limit the number of people from different households in the same cabin/tent.
- Bring hand sanitizer or use soap and water at camp if possible and wash hands regularly. Gloves can become contaminated just like hands, by touching surfaces and can give a false sense of security. Change gloves and wash hands often of you wear them.
- Do not share things that may come in contact with other people's hands or saliva, such as cans, cigarettes, joints or utensils.
- We recommend that each individual have their own cup to drink from and that they abstain from sharing such items, even with family members.
- Avoid physical contact such as handshakes, kisses and hugs.
- Bring disinfectant and disinfect your camp regularly.
- For homemade sanitizer:
- Dilute 4 teaspoons (20 ml) of domestic bleach in 1L (4 cups) of water. Use a fresh mix of water and bleach every day.
- Practice social distancing with your group with people from different households (when possible) and with other groups of harvesters.
- Let someone know where your group is going and bring a radio device in order to call for help in case of emergency. If someone in the group starts to develop symptoms of COVID-19, contact the nearest community with your device and ask someone to call the COVID-19 info-line and follow instructions.

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Travelling by Chartered Plane or Helicopter to Hunting/Fishing Areas

- It is recommended to limit the number of people in the charter to eight people maximum by plane and four people maximum by helicopter per trip.
- Plane and helicopter passengers are required to wear a mask the entire duration of the flight (non-medical mask or face covering, as requested by Transport Canada) (refer to poster "FACE COVERING REQUIREMENTS FOR AIR TRAVELLERS").
- Plane and helicopter passengers will be required to answer a short, pre-screening questionnaire to be sure they are not sick on the day of the flight. They will not be allowed on the flight if they are in self-isolation following a trip outside Nunavik, were in contact with a positive case of COVID-19 or have symptoms of COVID-19.

Travelling by Boat to Remote Hunting/Fishing Areas

- Boats are small and it will not be possible to ensure social distancing. Therefore, preventive measures are even more important. In a context where crew members will be in contact with each other for periods ranging from several hours to several days or even weeks, the most important measures are:
  - Ensuring that people going on the boat have no symptoms of COVID-19, are not positive cases of COVID-19, are not waiting for a test result for COVID-19 and have not been in contact with a positive case of COVID-19;
  - Ensuring that people who travelled to the South in the last 14 days complete their self-isolation before going on a boat trip;
  - Limiting the number of members of different households in the boat. There is not a maximum of people since it would depend on the size of the boat
- Bring hand sanitizer or use soap and water. All crew members should:
  - Wash their hands regularly;
  - Cough or sneeze into their elbow.
- Disinfect high-touch surfaces of the boat on a daily basis, ideally twice a day.

Stopovers in Other Communities

- **Travel between Covid-19-free communities is permitted.** Harvesters from a COVID-19-free community can stop over in any another COVID-19-free community for gas, goods, etc.
- Indoor visits and sleepovers in other communities should be limited. Outdoor activities are encouraged and the outdoors should be the main place to meet with others.
- Before visiting a household where an elder or person with chronic diseases lives, ask for their permission first and keep a two-meter distance. In such a case, it is also recommended to wear a mask.

<u>COVID-19-free community:</u>

1. A community that has had no person infected with COVID-19.
2. A community can be considered COVID-19-free again 28 days after the last infected individual has recovered.*
3. A community is considered COVID-19-free when the Director of Public Health declares it to be COVID-19-free.

*Such definitions are based on the Department of Public Health's definition of an outbreak and the moment in time when an outbreak is considered to be over.

Guidelines for Hunting and Fishing Trips if New Cases of COVID-19 Occur in Nunavik

- In the event where a positive case of COVID-19 is reported in a community, new restrictions and guidelines could be applied. The population will receive new directives on this matter and harvesters should listen to the local news prior to departure.
- Harvesters will not be permitted to go into a community where there are positive cases unless there is an emergency. Harvesters from a community where there are active cases will not be permitted to visit another community, unless there is an emergency. In both cases, if a stopover in another community for gas and essential goods is required, harvesters should not enter the community. Harvesters will be responsible for making arrangements with the community for refueling to avoid direct contact with community members.
    - Gas and essential goods could be dropped off at a specific point outside the community, or
    - Refueling could be done with limited contact (two-meter social distancing, no sharing of objects).

If for an emergency, harvesters have to stay in a community where there are active cases of COVID-19 and come into close contact with community members, they will have to self-isolate for 14 days upon their return to their community (REFER TO SELF-ISOLATION GUIDELINES).