

HOLIDAY CELEBRATIONS

What You Need to Know

Holiday celebrations will be different this year to help prevent the spread of COVID-19. Minimize activities that are high risk, such as dancing or caroling (singing) at public gatherings or in crowded places. Consider alternatives that pose lower risk of spreading COVID-19.

These guidelines were produced considering the circumstances of Nunavik as well as the current epidemiological situation in and outside the region.

Maximum number of guests allowed for private gatherings indoors or outdoors:

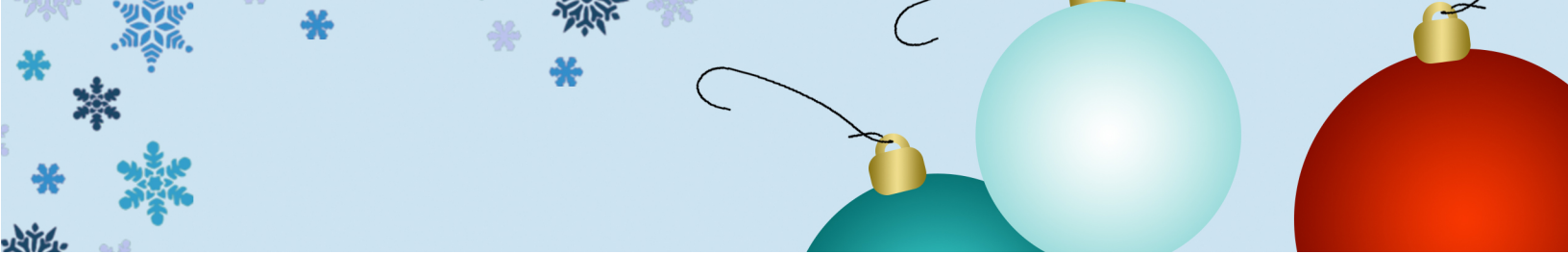
- A total of 10 people
- or
- 5 guests (i.e. five other people from another household)

Maximum number of guests at indoor public activities: 50 people (while respecting safety measures)

Maximum number of guests at outdoor public activities: 250 people (while respecting safety measures)

Summary

- Do not gather with many people: smaller gatherings are safer.
- Outdoor activities are safer than indoor gatherings.
- If you have been instructed to avoid gathering because you have COVID-19, because you were in contact with someone who has COVID-19 or because you are in quarantine after travelling from outside Nunavik: follow the instructions and do not participate in gatherings.
- Do not visit people or invite guests if you are experiencing symptoms of COVID-19 and get tested.
- Wear a mask when with people who do not live in your house.
- Wash your hands often.
- Follow other Public Health directives.



The Following People Should Not Attend Holiday Gatherings

Do not host or participate in gatherings if you or anyone in your household:

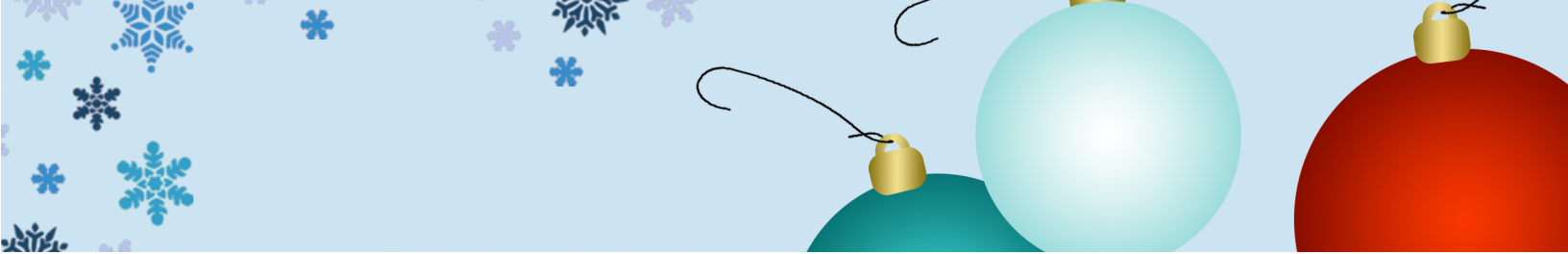
- Has been diagnosed with COVID-19 and has not completed the required isolation period.
- Has symptoms of COVID-19.
- Has been exposed to someone with COVID-19 in the last 14 days.
- Has travelled outside Nunavik and has not yet completed a 14 day quarantine.

The Following People Should Take Extra Precautions

If you are 60 or over, have certain medical conditions (chronic disease, immune system problems, etc.) with increased risk of severe illness from COVID-19 or live or work with someone at increased risk of severe illness, you should be careful and apply strict measures during gatherings with people who **do not** live in your household.

Considerations for Hosting or Attending a Gathering

- Suggest alternatives to typical greetings (e.g. handshakes and hugs) with others, including children.
- Host outdoors rather than indoors as much as possible and ensure appropriate distancing is respected even when outdoors.
- Require guests to wear masks that cover both the mouth and nose (even if outdoors), except when eating or drinking.
- Stay at least 2 meters away from people who are not from your household at all times.
- Encourage guests to avoid singing, shouting or dancing (especially when indoors). Keep music levels down so people don't have to shout or speak loudly to be heard.
- Ask your guests to wash their hands for 20 seconds with soap and water or with an alcohol-based hand sanitizer (that contains at least 60% alcohol) when they arrive and as often as necessary:
 - When they are dirty
 - After sneezing or coughing and after blowing their noses
 - After using the toilet and after changing a diaper
 - Before preparing, touching or serving food and before eating
 - Before putting in or taking out contact lenses
 - After disposing of garbage
 - Before putting on a mask or face covering and after removing it
- Provide and/or encourage attendees to bring supplies to help everyone to stay healthy. These include extra masks (do not share or swap masks with others), hand sanitizer that contains at least 60% alcohol and tissues. Stock bathrooms with enough hand soap and single use towels.



- Limit contact with commonly touched surfaces or shared items such as serving utensils and TV remotes.
- Clean high-touch surfaces (door knobs, light switches, etc.) before your guests arrive and frequently while they are in your home.
- If the bathroom is used by people from more than one household, clean high-touch surfaces frequently during the event.
- Increase ventilation by opening windows and doors to an extent that is safe and feasible, based on weather conditions or by setting central air & heating for continuous circulation.
- Write down the names of guests, the date they visited and the activities you did. 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 for Children

- Avoid hugging, shaking hands with or high-fiving visitors, especially if they are vulnerable.
- Avoid sharing toys if possible: toys should be disinfected before and after use and children should wash their hands before and after sharing toys.
- Practicing 2 meter physical distancing at all times is an effective measure to keep your family and guests safe.

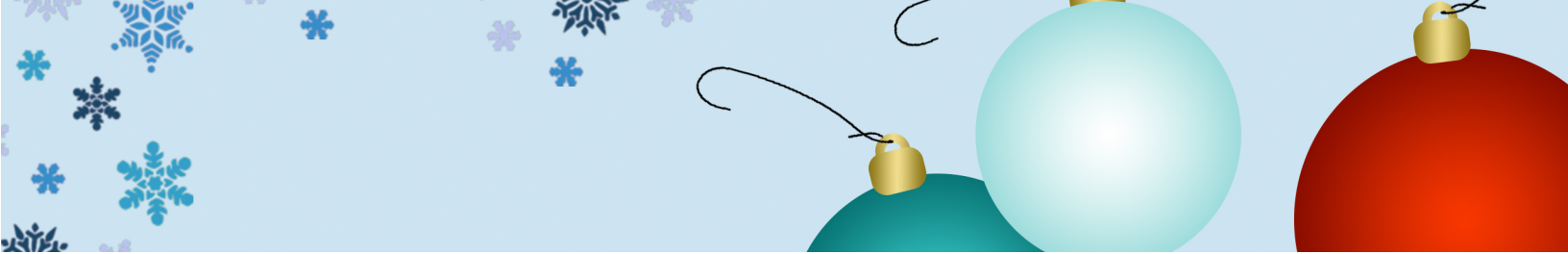
Food & Drinks at Small Holiday Gatherings

Transmission of COVID-19 from surfaces and food is not the primary way the virus spreads, but it is still important to take precautions.

- Use of alcohol or drugs may hinder judgment and make it more difficult to practice COVID-19 safety measures.
- Wear a mask while preparing and serving food.
- Limit traffic where food is being prepared or handled.
- If you are having a meal, group people of the same household together while respecting social distancing, as people will not wear masks while eating.
- Make sure everyone washes their hands with soap and water for 20 seconds before and after preparing, serving and eating food and after taking trash out. Use hand sanitizer that contains at least 60% alcohol if soap and water are not available.

Games and Activities

Games and activities should not involve contact between people. There should be no sharing of objects and no physical contact. Single-use objects must be used and physical distance of 2 meters respected. Participants must wash their hands before and after the activity and wear a mask.



Measures Specific to Nunavik, as of December 17, 2020

- Considering the epidemiological situation in Nunavik (12 cases among residents of Nunavik, since the start of the second wave - 10 cases if we count the residents and non-residents who were in the region at the time of declaration)
- Considering the measures in place to limit the spread of COVID-19, prior to entry of the region (questionnaire on symptoms, pre-departure screening, second screening 7 days after arrival, quarantine of 14 days);
- Considering the negative impacts that restrictive measures can have on the mental health of Nunavimmiut;
- Considering the environmental and socio-economic realities of the region;
- Considering the anticipated difficulties in being able to maintain the population's adherence to the measures if they are not proportional to the actual risk of transmission of COVID-19 in the region;
- The NRBHSS and its Public Health Authorities have adapted the guidelines to better suit our reality

Gatherings

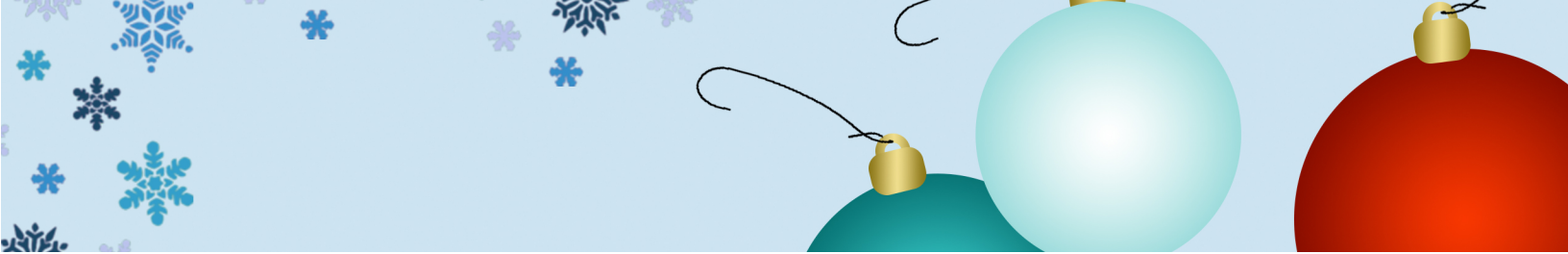
Private Gatherings

Considering the particular situation of many families in Nunavik, maintaining the maximum of 10 people for private gatherings or a maximum of 5 visitors would be appropriate. Otherwise, the majority of families will not be able to receive guests during the holiday season.

Public Gatherings

Considering the importance of cultural activities for the population, maintaining participation for outdoor, public activities to a maximum of 250 people would be appropriate.

Indoor public activities are not recommended. If some of them are organized, a maximum of 25 people is allowed for the activity. Physical distancing has to be respected for people who are not from the same household.



Travel

Intraregional Travel

Maintaining unrestricted intraregional travel is appropriate, unless an outbreak in a community or evidence of community transmission becomes apparent.

Interregional Travel

Maintain interregional travel as usual, according to the ministerial decree and regional ordinance already in place.

Long Term Care Facilities

Maintaining the possibility of having two visitors for residents of Elders' Homes is appropriate. Limiting presence to caregivers only, could have harmful effects on the mental health of residents and their families, considering the significant role that Elders play in the family dynamic.

Businesses and Shops

All Nunavik businesses and stores are considered essential and will remain open, including sales of non-essential goods.

Educational and School Environments

There will be a gradual return to class between January 11 and 20 depending on the return of teachers (some teachers returning from the south will have to complete quarantine before entering work) as was already planned.

Sports and Recreational Activities

Maintaining previous recommendations to allow the continuation of organized activities such as hockey, volleyball, etc., essential to the well-being of youth, with a maximum of 25 participants and 25 spectators is appropriate.

Telework

Telework is strongly recommended by Public Health and should apply before entering the region and not specifically between December 17 and January 11. Offices could stay open during this period if the organizations want to.

On behalf of the NRBHSS, Happy Holidays!