

- Self-evaluation of symptoms is critical, as is the immediate exclusion from the workplace should the person present with one or more of the following symptoms:

In the presence of any of the symptoms below, call INFO-HEALTH Nunavik at 1 888 662-7482.

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| ✓ Fever ($\geq 38C$ or 100.4F) or chills | ✓ Sore throat |
| ✓ New or unusual cough | ✓ Headaches |
| ✓ Shortness of breath, difficulty breathing or chest pains | ✓ Diarrhea |
| ✓ Loss of smell | ✓ Fatigue |
| ✓ Runny or stuffy nose | ✓ Sore muscles |

Outside of the workplace

- A 14-day quarantine must be strictly observed outside of the workplace.
- Carpooling or the use of public transportation must be avoided whenever possible. If not, a procedure mask must be worn the entire time.
- Individual accommodations are by far the preferable option during the quarantine period.
- **If individual accommodations is not available**, a worker can quarantine at a hotel or in shared accommodations¹. However, all direct and indirect contact with the other people present must be avoided:
 - stay alone in his room (to eat, sleep, etc.);
 - limit his use of common areas (e.g., kitchen);
 - wear a mask when going to or spending time in common areas;
 - use a separate, reserved bathroom whenever possible; if this is not possible, disinfect the room before and after each use;
 - avoid sharing personal items (dishes, towels, linens, etc.);
 - open windows as often as possible (weather permitting), to air out the home and your room.
- If individual accommodations are unavailable and a worker **cannot avoid being in contact** with other occupants, the latter must comply with the same quarantine instructions as the worker, at the same time and for a 14-day period. These instructions could include not going to any daycare centres or schools, avoiding all public places, only venturing out to make their way and from work (in the case of crucial workers), and complying with all of the workplace measures indicated.

YOU CAN	YOU CANNOT
<ul style="list-style-type: none"> ✓ Go outdoors, either alone or accompanied by the people who are quarantined with you. ✓ Have food or medication delivered. 	<ul style="list-style-type: none"> ✗ Have visitors. ✗ Go to public places such as grocery stores.

¹ Should someone in shared accommodations be infected by COVID-19, the other persons present will have to quarantine. The employer must ensure that such a turn of events will not impact the services offered.

