

Preventive measures in the workplace

Preventive measures must be applied and tailored to the specific circumstances of each worker:

- The workspace must be laid out to comply with the 2-metre distancing rule (i.e., to ensure adequate space between workers), the worker must be provided a personal telephone and other necessary equipment and the worker must avoid all common areas.
- Task assignments must be reviewed to avoid the worker coming into contact with clients.

For all workplaces:

- **A procedure (surgical) mask must always be worn:**
 - when the nature of a given task requires that the worker be less than 2 meters from clients or colleagues;
 - in poorly ventilated rooms where there are other people, even if the 2-meter social distancing rule is observed.
- A visor or protective glasses must be worn whenever the worker is less than 2 meters from a person who is not wearing a mask.
- Strict hand hygiene procedures must always be observed.

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.

- | | |
|--|----------------|
| ✓ Fever ($\geq 38\text{C}$ 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 10-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 accommodations². However, all direct and indirect contact with the other people present must be avoided:
 - stay alone in his room (to eat, sleep, etc.);

² 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.

- 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 according to the individual protection against COVID-19. (Refer to general quarantine instructions)

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.