

QUARANTINE INSTRUCTIONS FOR CRITICAL WORKERS

Version of August 31, 2021

All travellers to Nunavik should observe a quarantine depending on their individual protection against COVID-19 infection (see figure)

The critical worker may be authorized to work without having quarantined prior to his departure, conditional to his strict compliance with the applicable preventive measures.

Who is a critical worker?

Definition of a Critical worker¹: Essential worker whose absence from the workplace would cause a break or a significant reduction in services which would be prejudicial to citizens

and who cannot accomplish their tasks virtually or by telephone;

and whose replacement by another worker is almost impossible given the training requirements or the significant expertise.


To consider:

- An initial quarantine of 7 days before entering work, when possible, remains preferable to a complete absence of quarantine. It is estimated that it can reduce the risk of transmitting the virus by 70%.
- Whether entering work is immediate or after 7 days, quarantine must be observed outside of the workplace for the entire duration of quarantine.

Quarantine period

A **protected** person is one who has received their full complement of vaccines (two doses in general) at least 14 days prior to their travel date.

An **unprotected** person is one who has not received their full complement of vaccines or who has not been vaccinated.

	UNPROTECTED TRAVELLER	PROTECTED TRAVELLER
Instructions for a person under quarantine 	Strict 10-day quarantine (See instructions on reverse) The traveller is screened on Day 5 following their arrival in the territory	No quarantine is required for protected travellers. Protective measures (wearing a mask, 2 m distance) should be reinforced and large gatherings should not be attended within 10 days of arrival in Nunavik. Self-monitoring of symptoms until the 14th day after arrival is recommended. (See on reverse) The traveller is screened on Day 5 following their arrival in the territory

¹ What this means:

- Determining who is a critical worker cannot be done by public health but is a responsibility of the employer.
- The job title does not confer the critical status. For example, if multiple people have the same function the first one or the minimum first few are critical, all other workers after that are essential, but do a complete quarantine.
- When a worker can be substituted by someone else not in quarantine, the worker cannot be considered critical.
- When the tasks can be performed virtually or by phone, the worker cannot be considered critical.

For instructions applicable to households in Nunavik, refer to the general quarantine instructions.

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.);
 - 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.

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.