



QUARANTINE INSTRUCTIONS

for People Travelling to Nunavik Due to Exceptional Circumstances

Version of March 4, 2021

Travel to Nunavik is authorized for humanitarian purposes.

In some cases, a person travelling for such a reason will be unable to quarantine prior to departure (e.g., visit to a loved one's deathbed, funeral, etc.).

The following measures must be taken by the person travelling and anyone accompanying them:

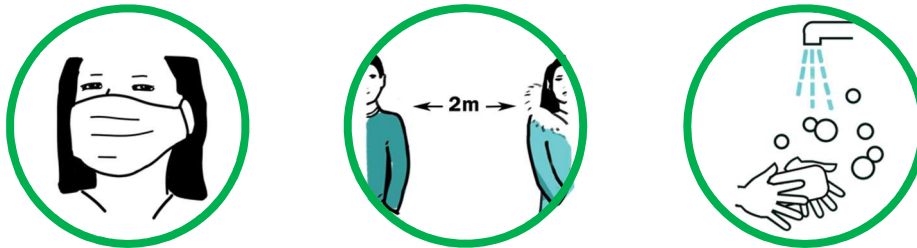
- A surgical or procedure mask must be worn at all times while travelling (on the plane, in taxis or other modes of transportation), when within 2 meters of other people and in all public places.
- Strict hand hygiene procedures must be observed at all times.
- Individual accommodations are to be given priority.
- **If individual accommodations are impossible**, the person can stay at a hotel. The quarantine may also be done at the home of a resident of the region, as long as a room is reserved for this specific purpose and that no member of the household is considered vulnerable (vulnerable individuals are people over 60 years of age or anyone with a chronic illness or compromised immune system). If the quarantine is in a hotel or in a residence, all direct or indirect contact with other people must be avoided. The person under quarantine must:
 - 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.
- Self-evaluation of symptoms is critical, as is the immediate exclusion from the site visited 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 ($\geq 38\text{C}$ or 100.4F) or chills | ✓ Sore throat |
| ✓ New or unusual cough | ✓ Diarrhea |
| ✓ Shortness of breath, difficulty breathing or chest pains | ✓ Fatigue |
| ✓ Loss of smell | ✓ Headaches |
| ✓ Runny or stuffy nose | ✓ Sore muscles |

GENERAL INSTRUCTIONS

Comply with the preventive measures



What's allowed and not allowed while quarantined

YOU CAN	YOU CANNOT
<ul style="list-style-type: none"> ✓ Do outdoor activities, alone. ✓ Have food or medication delivered. 	<ul style="list-style-type: none"> ✗ Have visitors. ✗ Spend time in public places other than those associated with the reason for the trip (e.g., church where a funeral will be held).