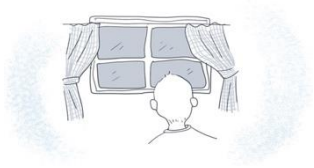
Quarantine: Instructions to Follow

Version: February 7th, 2022

To be **protected against the Omicron variant**, a person must have received their full complement of vaccines (two doses in general), plus a booster (or 3rd shot) 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 including booster (3rd shot)**
Instructions for a person under quarantine 	**Strict 10-day** quarantine (See instructions on reverse) Children under 13 years old are exempted from quarantine regardless of their vaccination status.	No quarantine is required for protected travellers. Protective measures (wearing a mask, 2m 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 next page)

Instructions for Nunavik households*

Instructions for members of Nunavik households who are protected including a booster (3rd shot)	Household members of an unprotected traveller who are protected may go about their usual activities even if an unprotected person in their home is under quarantine for 10 days.	Household members of a protected traveller are not targeted by quarantine measures and may go about their usual activities (e.g., attend **school, work**).
Instructions for members of Nunavik households with incomplete or no protection	**The unprotected traveller is isolated from the other members of his household**:** those members are not targeted by quarantine measures and may go about their usual activities (e.g., attend school, work).	
	The unprotected traveller cannot be isolated from the members of his household: those members should all follow the quarantine instructions at the same time as the traveller, and this for 10 days.	

* To be considered isolated from the other members of the household, the traveller must be able to remain alone in a reserved room in the house for sleeping, eating and so forth; use of common areas must be limited and when in such areas, the traveller must wear a mask.
** Persons who perform quarantine in the South must self-isolate from their families or self-isolate with their families for the entire duration of the quarantine, regardless of immunization status. Quarantine must be uninterrupted (with the exception of getting tested, getting vaccinated and travelling to the airport) and must include the day of the flight. A person who breaks quarantine in the South must repeat it.

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RÉGIE RÉGIONALE DE LA SANTÉ ET DES SERVICES SOCIAUX DU NUNAVIK
NUNAVIK REGIONAL BOARD OF HEALTH AND SOCIAL SERVICES

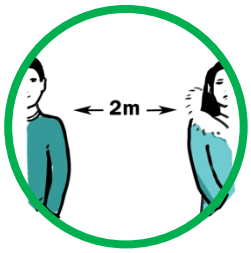
General Instructions

1. **Be sure to have an appropriate place for quarantine in the South, in the North or a combination of both.**
2. **Monitor your symptoms daily as well as those of the members of your household.**

If you or someone in your household develops the following symptoms, call the Nunavik INFO-SANTÉ line at 1 888 662-7482:

- ✓ Fever (≥ 38ᵉC or 100.4ᵉF) or chills
- ✓ Unusual cough
- ✓ Shortness of breath, breathing difficulties or chest pain
- ✓ Loss of sense of smell
- ✓ Runny nose or nasal congestion
- ✓ Sore throat
- ✓ Diarrhea
- ✓ Fatigue
- ✓ Headache
- ✓ Sore muscles

3. **Respect the preventive measures**



4. **What is allowed and not allowed during quarantine?**

ALLOWED	NOT ALLOWED
✓ Engage in outdoor activities alone (or with persons under quarantine with you) ✓ Have food or medication delivered to you	× Receive visitors × Visit public places (e.g., grocery store)