



# Recommendations for grocery stores

## Prevention of COVID-19

### Nunavik reopening

As the Nunavik region reopens, preventive measures in stores should continue to apply, even when there are no cases of COVID-19. Those preventive measures are very important since they will help slow down the spread of the virus in case it is reintroduced.

As a reminder, the COVID-19 virus cannot grow on food, and it is unlikely to be transmitted through food when the proper hygiene measures are respected by your employees.

COVID-19 is most commonly spread through:

- Close contact with an infected person, when the person coughs or sneezes and is less than two metres away from you;
- Direct contact, such as touching or shaking hands with the infected person then touching your mouth, nose or eyes before washing your hands;
- Touching any object that has been contaminated by a sick person, then touching your mouth, nose or eyes before washing your hands.

## What you can do to help protect against this virus

Here are some recommendations and examples of what food businesses can do to continue to protect costumers and staff against this virus:

### Employees travelling from South

- Employees and their dependants are required to undergo a 14-day quarantine before departure for the North or upon their arrival in Nunavik. They will eventually have to be tested for COVID-19 before returning to work.





