Progressive Reopening Recommendations to the Population for sewing centers in Nunavik 2020

The following guidelines should be considered a preliminary measure to the reopening of the region. Other guidelines will follow, and the present guidelines are implemented in a context of COVID free communities. The guidelines can always change, based on the evolution of the situation in the region.

Sewing centers, in Nunavik, are usually open to the public for sewing or other related traditional activities such as sealskin preparations. These centers vary in size and resources depending on each community. They hold activities where people can use tools and materials provided by the sewing centers.

Our knowledge on modes of transmission of the virus is in constant evolution; there are no safe numbers.

General Guidelines for sewing centers:

- Employees and visitors of the sewing centres should not go to the sewing centres if they have symptoms: cough, fever, difficulty breathing, loss of smell, unusual headache, unusual fatigue, sore throat, muscle ache or diarrhea. They should call 1-888-662-7482 to be tested.
- People visiting the sewing centers, and employees should remain at a distance of 2 meters from one another. This may require limiting the number of people allowed inside, depending on the size of the center. Employees should monitor this and rearrange the space if necessary. If the 2 metres distance cannot be kept, people should wear a mask.
- People should avoid any type of physical contact, such as handshaking and hugging.
- Visitors and employees should wash their hands with soap and water upon arrival and before leaving the sewing centre. In case of lack of access to running water, an alcohol-based hand sanitizer should be available on site.
- The sewing centers should be cleaned each day to disinfect surfaces and anything that could have been touched (e.g. doorknobs, sewing machines, scissors, light switches, tables, etc).
- Washrooms should be cleaned between each use.
- Disinfecting wipes should be provided to visitors, to wipe down tools between uses (e.g. sewing machines, scissors, etc.). Alcohol swabs should be used to disinfect needles.
- Windows should be open when possible to ensure air circulation.

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