



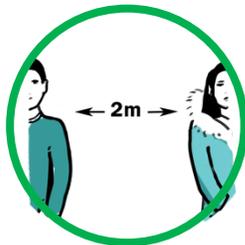
## General Instructions

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 ( $\geq 38^{\circ}\text{C}$ or $100.4^{\circ}\text{F}$ ) or chills | ✓ Sore throat  |
| ✓ Unusual cough  | ✓ Diarrhea     |
| ✓ Shortness of breath, breathing difficulties or chest pain                | ✓ Fatigue      |
| ✓ Loss of sense of smell   | ✓ Headache     |
| ✓ Runny nose or nasal congestion   | ✓ Sore muscles |

3. Respect the preventive measures



4. What is allowed and not allowed during quarantine?

ALLOWED	NOT ALLOWED
<ul style="list-style-type: none"> <li>✓ Engage in outdoor activities alone (or with persons under quarantine with you)</li> <li>✓ Have food or medication delivered to you</li> </ul>	<ul style="list-style-type: none"> <li>✗ Receive visitors</li> <li>✗ Visit public places (e.g., grocery store)</li> </ul>