







COVID-19: Directive on Isolation Measures for Essential Workers Travelling to and within Nunavik V2020-04-20

In order to reduce the risk of introducing COVID-19 to Nunavik and in accordance with provincial recommendations for the protection of remote regions, quarantine measures and measures to reduce the risk of transmitting COVID-19 have been established for essential workers required to travel to and within Nunavik.

These measures are meant to be flexible and adaptable to the specific context of each worker. The measures intended for critical workers (applicable to Category 4) enable them to suspend their isolation during working hours. We ask persons who travel to and within Nunavik, like all *Nunavimmiut*, to undergo quarantine upon arrival and during the first 14 days of their stay, outside their working hours, unless they have undergone strict quarantine before their departure.

We ask that you read the present document, including the examples contained herein, and discuss it with your immediate superior, if possible before your arrival in Nunavik. It involves identifying measures to reduce risk, which apply to you and enable maintaining essential services while supporting a maximum level of isolation.

On behalf of all *Nunavimmiut* and the workers at the front line of these efforts, we thank you for your cooperation. We also thank you for exercising leadership and creativity in reorganizing your workplaces to ensure safety.











Category of worker	Recommendations for all workers	
1) COVID-19 case (with positive test)	 Return to work after home isolation for 14 days after onset of symptoms AND: absence of fever for 48 hours; absence of acute symptoms for 24 hours; PCR negative for two respiratory specimens (valid for health workers; check with the Department of Public Health that these recommendations are still in effect before performing the test). If possible on return, assign worker to provision of care for COVID-19 cases. 	
2) Home or intimate contact of a confirmed case	Asymptomatic: home isolation up to 14 days after exposure. Becomes symptomatic: COVID-19 test: -> contact Info-health Nunavik at 1 888 662-7482; -> positive = apply recommendations for cases; -> negative = maintain home isolation in the South up to 14 days after exposure.	
3) Travellers from outside Canada	Asymptomatic: home isolation in the South up to 14 days after return (obligatory). Becomes symptomatic: COVID-19 test: -> contact Info-health Nunavik at 1888 662-7482; -> positive = apply recommendations for cases; -> negative = maintain home isolation in the South up to 14 days after return.	











Category of worker	Recommendations	Critical workers (required to avoid interruption of essential services)
4) Workers from the South of Nunavik	Isolation in the North in an individual housing unit to complete 14-day isolation if telework is possible. *If the person underwent strict isolation in the South before departure (excluding transportation to the North), no need to repeat isolation in the North. Becomes symptomatic: COVID-19 test: -> contact Info-health Nunavik at 1 888 662-7482; -> positive = apply recommendations for cases; -> negative = maintain isolation in an individual housing unit until the end of the defined period.	Isolation in the North in an individual housing unit for 14 days when the individual is not at work.** AND Level 1) Home isolation for seven days, then return to work with precautions (distancing of two metres in workplace interactions, rigorous hand hygiene, self-monitoring of respiratory symptoms and taking of temperature twice daily) to complete 14 days of precautions. OR Level 2) If Level 1 leads to a service interruption that is too severe, organize work spaces, keeping a distance of two metres from colleagues (also during meetings). Minimize contact with the clientele. Ensure rigorous hand hygiene, self-monitoring of respiratory symptoms and taking of temperature twice daily to complete 14 days of precautions. OR Level 3) If Level 2 leads to a service interruption that is too severe and the person must be in contact with the clientele, use of mask and rigorous hand hygiene, self-monitoring of respiratory symptoms and taking of temperature twice daily to complete 14 days of precautions. *If the person underwent strict isolation in the South before departure (excluding transportation to the North), no need to repeat isolation in the North









4) Workers from the South of Nunavik	Becomes symptomatic: COVID-19 test:
	-> contact Info-health Nunavik at 1888 662 7482;
	-> positive = apply recommendations for cases;
	-> negative = return to a level of isolation permitting provision of essential services, depending on the person's state and after evaluation by the health bureau, to complete the 14 days of precautions.

^{**} Essential workers are invited to remain isolated outside their working hours if possible. Avoid carpooling. Thank you for supporting your colleagues in isolation by running errands for them, for example.











Examples of Measures

The interventions aim for the best possible protection for the communities without compromising services. There are multiple possibilities for risk-mitigation measures and they are unique to each type of work. We wish to offer flexibility to employers in the deployment of those measures. Below are some examples:

- A nurse underwent 14-day home isolation before departure. She¹ did not go out for groceries or appointments and remained isolated from her home contacts. If she lives with her spouse, they can choose to be isolated together for 14 days, as long as they both respect the quarantine. This person represents a low risk of transmission. Given that the quarantine occurred in the South, it is not necessary to repeat it in the North.
- A worker performing maintenance or repair tasks at a reserved workstation marks a two-metre perimeter on the floor around the workstation or posts a notice on his door. He washes his hands frequently. He makes sure to remain two metres away from his colleagues and opts for telephone conversations rather than in person. He uses a telephone that is not shared by the team.
- A physician or a nurse, in the context of clinical work, avoids home visits to elderly persons for the first two weeks of her stay. She wears a mask during encounters with patients, does not use telephones in common areas and regularly washes her hands. During team meetings, she maintains a distance of two metres from the rest of the medical team.
- A regular nurse returning from vacation in Montréal is assigned tasks that do not involve direct contact with the clientele for the first two weeks after her return. She has a telephone that no one else uses. She has marked a two-metre perimeter around her workstation. During team meetings, she maintains a distance of two metres from her colleagues. She washes her hands frequently.
- A management officer returning from vacation in Montréal makes sure to mark a two-metre zone around his workstation or posts a note on his door to inform colleagues of his isolation. During team meetings, he joins by teleconference. He does not eat in common areas. He uses only his own telephone. He washes his hands frequently and does not carpool.

If one of these persons develops symptoms, she must return home immediately, notify her immediate superior and contact the nurse on Info-health Nunavik (1 888 662-7482) to have her symptoms evaluated and to arrange an appointment.

¹ In the interest of simplicity, the masculine or feminine form is used in this text to denote either sex.

