



### **For workers departing from Quebec City:**

Screening is not possible yet at the Quebec City airport. For the moment, employees departing from Quebec City must contact the CLSC of their community upon their arrival to Nunavik and schedule a screening appointment in the 24h following their arrival.

Employees departing from Quebec City who should be tested 48h prior to departure must contact Lauranne Larose for that matter: [lauranne.larose.ciusschn@ssss.gouv.qc.ca](mailto:lauranne.larose.ciusschn@ssss.gouv.qc.ca)

### **Additional information**

People who will be staying in Nunavik for 8 days or less need to be screened only once, before the flight.

People who were diagnosed with COVID-19 in the last three months should not be screened.

Employees who go on a round-trip to Montreal for a Medevac do not need to be screened if they do not go out during their stopover. They do not need to isolate for 14 upon their return to Nunavik.

The tests required by Ullivik patients will show on their Discharge Summary.

### **Isolation in individual unit**

Even if the results of your screening test turn out to be negative, isolation in an individual unit and symptoms monitoring for 14 days will still be mandatory, unless you already completed your isolation in the South. An employee who started their isolation in the South must inform their manager that the isolation was not completed so that it can be completed (total of 14 days) upon return in Nunavik.

### **Strict isolation**

You need to follow those guidelines when you are in isolation:

- You need to stay at the same place for 14 days.
- You are not allowed to leave your house/apartment:
  - o For grocery, either ask someone to go shopping for you and drop the bags in your entrance, order online, or buy enough food for 14 days prior to begin your isolation.
  - o Before starting the isolation, make sure to buy all the supplies you need for the North and to bring your boxes to the cargo, if needed. Also make sure to bring a thermometer with you as you will need it for the follow-up of your symptoms.
  - o You can go out for a run or a walk, as long as you respect social distancing of 2 meters at all times.
- You are not allowed to receive anyone at home.
- If you are in isolation in the South prior to coming up North and someone is living with you, they need to either be in isolation with you for the whole 14 days and follow the same rules **OR** you need to be isolated from them (stay in your own room, prepare your own food, not share personal items, keep a clear distance (2 meters at all times), use different bathrooms if possible, etc.).
- When you leave for the airport on the 15<sup>th</sup> day, make sure to maintain a distance of 2 meters with anyone.

### **Refusal to take the test**

Screening tests are mandatory for employees who are in contact with patients. If you refuse to take the test, your employer will deny your transportation to Nunavik and you will be asked to go on a leave without pay until you take the test or until the situation no longer requires you to take the test. Other measures (disciplinary or administrative) may also apply.

### **Infection Prevention and Control**

Please, make sure to wash your hands more frequently and to respect social distancing (2m – 6ft). We also ask you to be vigilant in the application of infections prevention and control rules. You must inform the health office and you manager and stay home if you develop symptoms. You will be given instructions on what to do next.

Many employees are used to move around freely between departments, but we would like to reiterate the importance of following the instructions applicable to staff and users when you need to take a screening test or receive medical care.

We thank everyone for all the efforts they put in respecting the measures deemed necessary in the situation.

Your Direction of Human Resources