







Quarantine: Instructions to follow

Version: August 31, 2021

A protected person is one who has received their full complement of vaccines (two doses in general) at least 14 days prior to their travel date.

An unprotected person is one who has not received their full complement of vaccines or who has not been vaccinated.

	UNPROTECTED TRAVELLER	PROTECTED TRAVELLER
Instructions for a person under quarantine	Strict 10-day quarantine (See instructions on reverse) The traveller is screened on Day 5 following their arrival in the territory.	No quarantine is required for protected travellers. Protective measures (wearing a mask, 2 m distance) should be reinforced and large gatherings should not be attended within 10 days of arrival in Nunavik. Self-monitoring of symptoms until the 14th day after arrival is recommended. (See on reverse) The traveller is screened on Day 5 following their arrival in the territory.

Instructions for households of travelers in Nunavik**

Instructions for members of Nunavik households who are protected



Household members of an unprotected traveller who are protected may go about their usual activities even if an unprotected person in their home is under quarantine for 10 days.

Instructions for members of Nunavik households with incomplete or no protection



The unprotected traveller is isolated from the other members of his household**: those members are not targeted by quarantine measures and may go about their usual activities (e.g., attend school, work).

The unprotected traveller cannot be isolated from the members of his household: those members should all follow the quarantine instructions at the same time as the traveller, and this for 10 days.

Household members of a protected traveller are not targeted by quarantine measures and may go about their usual activities (e.g., attend school, work).

^{**} Persons who perform quarantine in the South must self-isolate from their families or self-isolate with their families for the entire duration of the quarantine, regardless of immunization status. Quarantine must be uninterrupted (with the exception of



^{*} To be considered isolated from the other members of the household, the traveller must be able to remain alone in a reserved room in the house for sleeping, eating and so forth; use of common areas must be limited and when in such areas, the traveller must wear a mask.



quarantine in the South must repeat it.

General Instructions

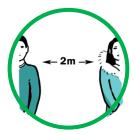
- 1. Be sure to have an appropriate place for quarantine in the South, in the North or a combination of both.
- 2. Monitor your symptoms daily as well as those of the members of your household.

If you or someone in your household develops the following symptoms, call the Nunavik INFO-SANTÉ line at 1 888 662-7482:

- ✓ Fever ($\geq 38^{\rm e}$ C or 100.4 $^{\rm e}$ F) or chills
- ✓ Unusual cough
- ✓ Shortness of breath, breathing difficulties or chest pain
- ✓ Loss of sense of smell
- ✓ Runny nose or nasal congestion

- ✓ Sore throat
- ✓ Diarrhea
- ✓ Fatigue
- ✓ Headache
- ✓ Sore muscles
- 3. Respect the preventive measures







4. What is allowed and not allowed during quarantine?

ALLOWED	NOT ALLOWED
 ✓ Engage in outdoor activities alone (or with persons under quarantine with you) ✓ Have food or medication delivered to you 	Receive visitorsVisit public places (e.g., grocery store)

