


Quarantine: Instructions to follow



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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 |
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| <p>Instructions for a person under quarantine</p>  | <p>Strict 10-day quarantine (See instructions on reverse)</p> <p>The traveller is screened on Day 5 following their arrival in the territory.</p> | <p>No quarantine is required for protected travellers.</p> <p>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.</p> <p>Self-monitoring of symptoms until the 14th day after arrival is recommended. (See on reverse)</p> <p>The traveller is screened on Day 5 following their arrival in the territory.</p> |

Instructions for households of travelers in Nunavik**

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| <p>Instructions for members of <u>Nunavik</u> households who are protected</p>  | <p>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.</p> | <p>Household members of a protected traveller are not targeted by quarantine measures and may go about their usual activities (e.g., attend school, work).</p> |
| <p>Instructions for members of <u>Nunavik</u> households with incomplete or no protection</p>  | <p>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).</p> <p>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.</p> | |

* 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.

** 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

