

FOR IMMEDIATE DISTRIBUTION

## OBSERVING EASTER DURING COVID-19

**Kuujuuaq, April 10, 2020** – The Nunavik Regional Board of Health and Social Services (NRBHSS) reminds everyone of the importance of following the necessary measures with regard to COVID-19, even during public holidays such as Easter. “Nunavimmiut love to celebrate by getting together. This year it will be have to be different, but that doesn’t make it any less meaningful. It gives us a chance to be with members of the household, phone loved ones, use FM stations to send messages of love, have the extended family witness egg hunts through various social media platforms. Many can still be connected even if staying physically apart” says Minnie Grey, Executive Director of the NRBHSS.

Families can observe Easter within their own household unit. Visits to other homes are not permitted, even close family members. The NRBHSS recommends going out on the land for the long weekend if possible. Again, as a family unit only, no guests. It is an ideal time to go camping and spend time outside. If staying home, Easter activities should be restricted to the interior of the house to reduce the risk of running into other groups of people. If you choose to have activities outside please choose a space that is far enough that members of your house will not interact with others.

Sharing food is permitted as long as no physical contact occurs and no one goes into anyone else’s house. Food can be left in the porch as COVID-19 cannot grow on food and is unlikely to be transmitted. Simple rules are to be followed when preparing food to share:

- Wash hands with soap and water for at least 20 seconds before and after handling food.
- Clean and disinfect your kitchen before cooking.
- Don’t cook or cut-up meat for others if you have any cold or flu-like symptoms, even a little bit.

Everyone should be reminded to follow these basic and highly important hygienic measures:

- Wash your hands frequently for at least 20 seconds.
- Respect a distance of two meters between each other.
- Stay home as much as possible.
- Do not visit friends and family members in close spaces (home, cabin, etc.).

**Important Reminder: Do not present yourself at your local CLSC (Nursing Station).**

If you believe you are infected with COVID-19, please contact the Info-Health line at 1-888-662-7482 from Monday to Sunday: 10 AM to 10 PM. Outside of opening hours please contact your local CLSC (Nursing Station).

*The Nunavik Regional Board of Health and Social Services is a public agency created in 1978 under the James Bay and Northern Quebec Agreement. It is responsible for nearly the entire Quebec territory located north of the 55<sup>th</sup> parallel in terms of the provision of health and social services for the inhabitants of the 14 communities.*

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**Source:** Nunavik Regional Board of Health and Social Services

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