March 26, 2024; update March 05, 2025 by Louise Lambert Nursing Advisor, Occupational Health

ᒫᑦᓯ 05, 2025 ᖃᕆᑕᐅᔭᒃᑯᑦ ᐊᐅᓪᓚᑎᑕᐅᔪᑦ

ᐊᑐᐃᓐᓇᕈᕐᑎᓯᒪᓂᖅ ᓄᓇᕕᒻᒥ ᐊᐅᐸᕐᓇᑐᖃᕋᔭᕐᐸᑦ ᐱᓇᓱᕝᕕᓂ: ᐱᓇᓱᕝᕕᓂᒃ

ᑐᓴᕐᑎᓯᒍᑎ

ᓯᓚᕐᔪᐊᓕᒫᒥ ᐊᐅᐸᕐᓇᖃᑦᑕᓕᕐᒥᒪᑕ. ᐁᑦᑐᑑᑕᐅᑦᓴᐅᑎᒋᒍᓐᓇᓂᕐᓴᐅᓱᓂᓗ, ᖃᓂᒪᓇᕐᒥᑦ ᑰᕕᑦᒥᑦ.
ᑯᐯᒃᒥᐅᓂᒃ ᖃᐅᔨᔭᐅᔪᖃᕐᓯᒪᒻᒪᑦ ᐊᐅᐸᕐᓇᑐᓂᒃ. ᓄᓇᕕᒻᒥ ᐱᓇᓱᕝᕕᓂ ᐊᑐᐃᓐᓇᕈᕐᑎᓯᒪᖁᔨᑦᓱᑕ

ᐊᐅᐸᕐᓇᑐᖃᕋᔭᕐᐸᑦ ᐊᒥᓱᓂᒃ, ᐱᓇᓱᕝᕕᒥ-ᖃᓄᐃᖕᖏᓯᐊᕐᑎᓯᒐᓱᐊᕐᑏᑦ ᐊᒻᒪᓗ ᐁᑦᑐᑑᑕᐅᓲᓂᒃ ᐋᓐᓂᐊᑖᕆᔭᐅᓲᓂᒃ ᐱᓇᓱᑦᑏᑦ ᓇᐅᓕᒫᑦ ᖃᓄᐃᖕᖏᓯᐊᕐᑐᓴᐅᓂᖏᓐᓄᑦ ᐊᓪᓚᕕᒻᒥ ᖃᐅᔨᒪᑎᑦᓯᒍᒪᕗᑦ ᐊᐅᐸᕐᓇᓂᖅ ᐱᓪᓗᒍ ᖃᓄᐃᓕᒋᐊᑦᓴᐅᑎᒋᒍᑎᒋᒋᐊᓕᑦᓯᓂᓪᓗ.

ᐊᐅᐸᕐᓇᑐᖃᕈᓂ ᐊᑦᑕᓇᕐᑑᕙ?

ᐊᐅᐸᕐᓇᓚᕿᓲᒍᕗᑦ ᖁᐱᕐᕈᒧᑦ ᐁᑦᑐᑑᑕᐅᓲᒧᑦ, ᐃᓄᒻᒪᕆᒐᓓᑦ ᐊᐅᐸᕐᓇᓲᒍᑎᓪᓗᒋᑦ. ᒥᑦᓴᐅᓵᕐᓱᒋᑦ ᑕᓪᓕᒪᐅᑉᐸᑕ (20%) ᐊᐅᐸᕐᓇᑐᑦ ᐊᑕᐅᓯᖅ ᐋᓐᓂᐊᕕᒻᒦᓚᕿᒍᓐᓇᐳᖅ. ᐊᐅᐸᕐᓇᑐᖅ ᐊᓂᕐᑎᕆᔭᒥᒍᑦ ᐁᑦᑐᐃᒍᓐᓇᐳᖅ, ᐊᒥᓲᖕᖏᑐᓄᑦ ᒦᑕᓄᑦ ᐅᖓᓯᑦᑕᖃᕋᓗᐊᕈᓂ. ᖁᐱᕐᕈᖓ ᐃᑲᐅᕐᓂᓂ ᐊᒥᓱᓂ ᐊᓂᕐᑎᕆᔭᑦᑎᓃᒍᓐᓇᑐᖅ, ᓂᐅᕐᓯᔭᐅᒍᓐᓇᓱᓂᓗ ᐁᑦᑐᑕᐅᓯᒪᔪᖅ ᐊᓂᓯᒪᔪᑐᖃᐅᓕᕋᑕᕐᑎᓗᒍ. ᓇᓪᓕᐊ ᑲᐱᔭᐅᓯᒪᒍᑎᖃᖕᖏᑐᖅ ᐊᐅᐸᕐᓇᓚᐅᕐᓯᒪᖕᖏᑐᕐᓘᓃᑦ ᐁᑦᑐᑕᐅᑐᐃᓐᓇᕆᐊᖃᕐᓂᖓ 90%-ᒦᒍᓐᓇᐳᖅ ᖃᓂᑕᖃᕐᑐᕕᓂᐅᒍᓂ ᖁᐱᕐᕈᒥᒃ ᐁᑦᑐᑕᐅᓯᒪᔪᒥᒃ.

ᑲᐱᔭᐅᓯᒪᓂᖅ ᐊᐅᐸᕐᓇᕇᒃᑯᑎᑦᓯᐊᒍᕗᖅ

ᐊᐅᐸᕐᓇᕇᒃᑯᑎᑦᓴᖅ ᑲᐱᔭᐅᒍᑎ ᐊᕐᕌᒍᓂ 40-ᓃᑦᑐᓂ ᐊᑐᐃᓐᓇᐅᑎᑕᐅᓲᒍᓕᕐᖁᖅ. ᐊᑦᑕᓀᑦᑐᓯᐊᒍᑦᓱᓂ. ᐊᐅᐸᕐᓇᕇᒃᑯᑎᑦᓯᐊᒍᑦᓱᓂ ᐱᔭᕆᐊᑦᑐᕈᑕᐅᒍᓐᓇᑐᓂᓪᓗ ᓴᐳᒻᒥᒍᑎᑦᓯᐊᒍᑦᓱᓂ: ᐳᕙᒃᑯᑦ ᐃᒻᒪᓯᒪᓂᕐᒥᒃ, ᖀᕐᓱᓂᕐᒥᒃ, ᖃᕆᑕᒃᑯᑦ ᓱᒃᑯᑕᐅᓪᓚᕆᒍᓐᓇᓂᕐᒥᒃ ᐃᓅᒍᓐᓀᕈᓐᓇᓂᕐᒥᓗ. ᐊᐅᐸᕐᓇᕇᒃᑯᑎᑦᓯᐊᖅ. 99%-ᖏᑦ ᑲᐱᔭᐅᓯᒪᔪᑦ ᒪᕐᕈᕕᑦᓱᑎᒃ ᐃᓅᓯᓕᒫᖅ ᐊᐅᐸᕐᓇᕇᒃᑯᓯᕐᑕᐅᓯᒪᑦᓯᐊᐳᑦ. ᑌᒃᑯᐊᓗ ᑎᒥᒻᒥᒍᑦ ᓴᐴᓗᑕᖃᑦᓯᐊᖏᑦᑐᑦ ᕿᑐᕐᖓᕆᔭᐅᔪᐃᓪᓗ ᐱᔭᕆᐊᑦᑐᕈᑎᖃᕐᓂᐅᔭᕐᓂᐸᐅᓲᒍᒻᒪᑕ. ᓱᓕᓗ, ᐱᐊᕋᑦᓴᓖᑦ
ᑲᐱᔭᐅᓯᒪᖕᖏᑐᑦ ᐱᐊᕋᑦᓴᒥᓂᒃ ᓱᒃᑯᔨᐊᖃᑐᐃᓐᓇᕆᐊᖃᕐᓂᓴᐅᑦᓱᑎᒃ

ᐱᐊᕋᕐᑖᓴᐅᑎᒋᑐᐃᓐᓇᕆᐊᖃᕐᓂᓴᐅᑦᓱᑎᓪᓘᓃᑦ ᐃᓅᓕᕐᕕᓴᖓ ᓇᓪᓕᐅᑎᓚᐅᕐᑎᓇᒍ.

ᓱᔪᖃᕆᐊᖃᕐᐸ ᐱᓇᓱᕝᕕᓯᓐᓂ ᐊᐅᐸᕐᓇᑐᖃᓯᑉᐸᑦ?

ᐊᐅᐸᕐᓇᑐᖃᓯᓐᓂᐸᑦ ᐱᓇᓱᕝᕕᓯᓐᓂ, ᐱᓇᓱᑦᑎᓕᒫᓯ ᐃᕝᕕᓗ ᑕᑯᔭᐅᑎᑦᓯᒋᐊᖃᕋᔭᕐᖁᓯ ᑲᐱᔭᐅᓯᒪᓂᕃᒍᑎᓂᒃ ᐊᓪᓚᖁᑎᑦᓯᓂᒃ. ᐁᑦᑐᑐᐃᑐᐃᓐᓇᕆᐊᖃᓕᕋᔭᕐᒪᑕ, ᐱᓇᓱᑦᑏᑦ ᑲᐱᔭᐅᓯᒪᖕᖏᑐᑦ ᐊᓂᑦᑌᓕᖁᔭᐅᓕᕋᔭᕐᑐᑦ ᐊᓇᕐᕋᒥᓂᑦ ᐊᐅᐸᕐᓇᑐᑦ ᐊᒥᓲᖃᑦᑕᓂᖏᓐᓂ, ᐅᓪᓗᓄᑦ 14-ᓄᑦ ᑎᑭᐅᑎᔪᓂᒃ ᐊᓂᑦᑌᓕᒋᐊᖃᕋᔭᕐᓱᑎᒃ ᐊᐅᐸᕐᓇᑐᖃᕐᑐᕕᓂᐅᑎᓪᓗᒍ ᐱᓇᓱᕝᕕᓯᓐᓂ ᑭᖑᓪᓕᐹᒥᒃ.

ᑭᓇᒃᑯᑦ ᐊᐅᐸᕐᓇᓂᐅᔭᖕᖏᓂᕐᐸᐅᔪᕆᔭᐅᕙᑦ?
ᑕᑲᒃᑯᐊᑕᒐ ᐊᐅᐸᕐᓇᓂᐅᔭᖕᖏᓂᕐᐸᐅᔪᕆᔭᐅᔪᑦ:

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• ᐃᓅᓕᕐᑐᕕᓃᑦ 1970-ᐅᓚᐅᕐᑎᓇᒍ (ᐊᐅᐸᕐᓇᓂᐅᔭᕐᑐᕆᔭᐅᖕᖏᑐᑦ ᑌᑦᓱᒨᓇ
ᐊᐅᐸᕐᓇᑐᖃᖃᑦᑕᕇᕐᓯᒪᒻᒪᑦ);
• ᐃᓅᓕᕐᑐᕕᓃᑦ 1970-ᐅᓪᓗ 1979-ᓗ ᐊᑯᓐᓂᖓᓂ ᑲᐱᔭᐅᓯᒪᑦᓱᑎᒃ ᐊᐅᐸᕐᓇᕇᒃᑯᑎᒥᒃ

ᐊᑕᐅᓯᐊᕐᓱᑎᒃ (ᓚᔭᐅᖕᖏᑐᑦ ᐱᓇᓱᒐᕐᒥᓂᒃ ᐱᒋᐅᕐᓴᑐᑦ ᖃᓄᐃᖕᖏᓯᐊᕐᓂᓕᕆᕕᓐᓂᓗ ᐱᓇᓱᑦᑏᑦ, ᐅᓇᑕᕐᑎᐅᒋᐅᕐᓴᑐᓪᓗ ᐊᕐᕕᑕᓲᓪᓗ, ᒪᕐᕈᕕᑦᓱᑎᓪᓕ ᑲᐱᔭᐅᓯᒪᒋᐊᖃᓲᒍᒐᒥᒃ);
• ᐃᓅᓕᕐᑐᕕᓃᑦ 1980-ᓃᓕᕐᓱᑕ ᒪᕐᕈᕕᑦᓱᑎᓪᓗ ᐊᐅᐸᕐᓇᕇᒃᑯᑎᒥᒃ ᑲᐱᔭᐅᓯᒪᔪᑦ;
• ᐊᐅᐸᕐᓇᖃᑦᑕᓯᒪᔪᑦ ᑌᑦᓱᒪᓂᒋᐊᖅ ᐊᐅᖏᕐᑕᐅᒍᑎᖏᓪᓗ ᐋᓐᓂᐊᓯᐅᕐᑕᐅᒍᑎᕕᓂᖏᓪᓘᓃᑦ ᓱᕐᖁᐃᓯᒍᑕᐅᓯᒪᔪᑦ ᐊᐅᐸᕐᓇᑐᕕᓂᐅᒋᐊᖏᓐᓂᒃ ᔭᓄᐊᕆ 1, 1996-ᒍᓚᐅᕐᑎᓇᒍ).

ᖃᓄᐃᓘᕐᓗᑎᑦ ᐊᑐᐃᓐᓇᕈᕐᑎᕆᒍᓐᓇᐱᑦ ᑕᒐᑕᒐ ᐱᓇᓱᕝᕕᓯᓐᓂ ?
ᓇᐅᓕᒫᑦ ᖃᓄᐃᖕᖏᓯᐊᕐᑐᓴᐅᓂᖏᓐᓄᑦ ᐊᓪᓚᕕᒻᒥ ᐱᓇᓱᑦᑏᑦ ᐅᓐᓂᑑᑎᖃᕐᓯᒪᕗᑦ ᐱᓇᓱᕝᕕᓕᒫᑦ ᑐᑭᓯᒪᐅᑎᑦᓴᓂᒃ ᑐᓴᕐᑕᐅᑎᑦᓯᖁᔨᑦᓱᑎᒃ 100%-ᖏᓐᓂᒃ ᐱᓇᓱᕝᕕᒥᓃᑦᑐᓂᒃ ᐱᓇᓱᑦᑎᑖᕆᒋᐊᓪᓚᓯᒪᔭᒥᓂᓪᓗ ᑐᓴᕐᑎᓯᒻᒥᓗᑎᒃ. ᐊᑕᐅᓯᐅᑦᑎᑐᑦ ᖃᐅᔨᓴᖃᑦᑕᕆᐊᖃᕐᐳᑦ ᑲᐱᔭᐅᓯᒪᑦᓯᐊᒪᖔᕐᒥᒃ ᐊᐅᐸᕐᓇᓚᐅᕐᓯᒪᒻᒪᖔᕐᒥᓘᓐᓃᑦ.

ᓱᕐᖁᐃᓯᑦᓯᐊᓂᐊᕋᕕᑦ ᑲᐱᔭᐅᓯᒪᑦᓯᐊᒪᖔᕐᐱᑦ, ᑕᑲᒃᑯᐊ ᓇᓪᓕᖏᑦ ᐊᑑᑎᒍᓐᓇᑕᑎᑦ:
- ᑕᑯᒋᐊᕐᓗᑎᑦ ᑲᐱᔭᐅᒍᑎᒋᓯᒪᔭᕐᐱᑦ ᐊᓪᓚᖁᑎᖏᓐᓂᒃ;
- ᐅᖄᓚᕕᒋᓗᒋᑦ ServiceQuébec ᐅᕗᖓ 1 877 644-4545 (ᖃᓪᓗᓈᑎᑑᕐᑐᑦ ᐅᐃᒍᐃᑎᑑᕐᑐᐃᓗ);
- ᓄᓇᓕᒻᒥ ᑲᐱᔭᐅᒋᐊᕐᑐᕕᐅᓲᒧᑦ ᑲᐱᔭᐅᒋᐊᕐᑐᓗᑎᑦ ᓄᓇᓕᑦᓯᓂ (via Clic-santé, ᑕᑯᓗᒋᑦ
ᑕᑲᒃᑯᓇᓂ ᐊᓪᓚᓯᒪᔪᑦ);
- ᖃᐅᔨᒋᐊᕐᕕᖃᕐᓗᑎᑦ ᐋᓐᓂᐊᕕᑦᓯᓂᒃ (ᓄᓇᕕᒻᒥᐅᒍᒍᕕᑦ).

ᑌᒃᑯᐊ ᓱᕐᖁᐃᓯᒍᑎᑦᓴᖃᖕᖏᑐᑦ ᑲᐱᔭᐅᓯᒪᓂᕐᒥᓂᒃ ᖃᐅᔨᒪᑦᓯᐊᖏᑦᑐᐃᓘᓐᓃᑦ ᑲᐱᔭᐅᓯᒪᒻᒪᖔᕐᒥᒃ ᑲᐱᔭᐅᒋᐊᕐᑐᓴᐅᑎᒋᖁᔭᐅᕗᑦ, ᐱᓗᐊᕐᑐᖅ ᓄᓇᕕᓕᐊᓚᐅᕋᑎᒃ. ᐅᓪᓗᖁᑎᓕᐅᕈᓐᓇᑐᑎᑦ ᑲᐱᔭᐅᒋᐊᕐᑐᕕᑦᓴᓃᕕᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ ᐅᕗᖓ Clic-Santé ᐅᖄᓚᓗᑎᓪᓘᓃᑦ ᐅᕗᖓ 1 877 644-4545 (ᓯᕿᓂᕐᒧᑦ), ᐅᖄᓚᓗᑎᓪᓘᓃᑦ ᐋᓐᓂᐊᕕᑦᓯᓄᑦ ᓄᓇᕕᒻᒦᒍᕕᑦ.

ᓱᒋᐊᖃᕐᐱᑦ ᐱᓇᓱᕝᕕᓯᓐᓂ ᐊᐅᐸᕐᓇᑐᕐᑕᖃᕐᓂᐊᖒᕐᓴᕈᕕᑦ ?
ᑭᓇᑐᐃᓐᓇᖅ ᒪᓗᓐᓇᐅᑎᖃᕐᐸᑦ ᐊᐅᐸᕐᓇᑐᐃᓐᓇᕆᐊᖃᕐᓗᓂ, ᓀᒪᒌᒃᑯᓯᑦᓴᐅᑎᒋᒋᐊᓕᒃ, ᐅᕝᕙᓘᓐᓃᑦ, ᐱᐅᓗᐊᕐᑐᖅ, ᐊᑐᕐᑕᐅᒋᐊᑕᒫᑦ ᐃᒋᑕᐅᓲᒥᒃ N95 ᓀᒪᒌᒃᑯᓯᕐᓗᓂ ᐊᓂᕐᑎᕆᔭᖓ ᐊᓂᐅᕐᖃᖏᓐᓂᓴᐅᓂᐊᕐᒪᑦ, ᐊᑐᐃᓐᓇᖃᕈᓂ, ᐃᓄᓐᓃᑎᑦᑌᓕᓯᓗᒍᓗ ᐊᓇᕐᕋᑎᑐᐃᓐᓇᓗᒍᓘᓐᓃᑦ. ᐅᖄᓚᖁᓗᒍ 811-ᒧᑦ ᐋᓐᓂᐊᕕᒻᒧᓘᓐᓃᑦ, ᓄᓇᕕᒻᒥ ᓄᓇᓕᒻᒦᒍᕕᑦ, ᐃᒫᙰᓚᔭᐅᒍᑎᖏᓐᓂᒃ ᐊᑕᐅᓯᐅᑦᑎᑐᑦ ᑐᑭᓯᓂᐊᕐᒪᑦ.

ᖃᕆᑕᐅᔭᒃᑯᑦ ᑕᑯᒋᐊᕋᑦᓭᑦ:
• Additional information on measures to prevent contamination through inhalation of bioaerosols: Workplaces | Nunavik Regional Board of Health and Social Services 1
• Measles outbreak | Gouvernement du Québec
• Chapter 13: Measles | Pink Book | CDC

1 ᖃᐅᔨᒪᔭᐅᒋᐊᖃᕐᐳᖅ ᑖᓐᓇ ᖃᕆᑕᐅᔭᒃᑯᑦ ᑐᓴᕋᑦᓴᖃᕐᕕᒃ ᓄᑕᐅᓯᓕᕐᑕᐅᒋᐊᖃᕋᓗᐊᕐᓱᓂ, ᐊᑐᕐᓂᖃᑦᓯᐊᒪᑦ ᐅᓐᓂᑑᑎᓕᐊᒍᓯᒪᔪᑦ ᐱᓪᓗᒋᑦ ᐃᑯᓪᓚᑎᑦᓯᒐᓱᐊᕐᓂᒥᒃ ᖃᓂᒪᓇᕐᒥᑑᖕᖏᑐᖅ COVID-19-ᒥᒃ ᑭᓯᐊᓂᓕ ᐊᓯᖏᓐᓂᒃ ᖁᐱᕐᕈᓂᒃ ᐁᑦᑐᑑᑕᐅᓲᓂᒃ ᐊᐅᐸᕐᓇᕈᑕᐅᓲᓂᒃ ᖁᐱᕐᕈᓂᓪᓗ ᐳᕙᓪᓗᓕᕈᑕᐅᒍᓐᓇᑐᓂᒃ. ᑕᒪᒃᑯᐊ ᐋᓐᓂᐊᑦ ᐁᑦᑑᑐᑕᐅᒍᓐᓇᒪᑕ, ᐱᓗᐊᕐᑐᖅ ᐊᓂᕐᑎᕆᔭᑦᑎᒍᑦ, ᐃᑯᓪᓚᑎᑕᐅᒋᐊᕈᑎᑦᓴᖏᓪᓗ ᐊᑦᔨᒌᕙᓪᓗᑐᐃᓐᓇᐅᓱᑎᒃ.

March 26, 2024; update March 05, 2025 by Louise Lambert Nursing Advisor, Occupational Health

ᐱᓇᓱᕝᕕᒥ-ᖃᓄᐃᖕᖏᓯᐊᕐᑐᓴᐅᓂᕐᒥᒃ ᐱᓇᓱᑦᑏᑦ ᖃᐅᔨᒋᐊᕐᕕᐅᒍᓐᓇᐳᑦ ᖃᕆᑕᐅᔭᒃᑯᑦ ᐅᕗᖓ healthatwork17@ssss.gouv.qc.ca ᐊᐱᕐᓲᑎᑦᓴᖃᕐᑐᖃᕐᐸᑦ ᐊᐅᐸᕐᓇᑌᓕᒋᐊᖃᕐᓂᖅ ᐱᓪᓗᒍ.

Stéphanie Michaud, ᓄᓇᓕᓕᒫᓂ ᐊᑕᐅᑦᓯᑰᕐᑎᓯᔨ, ᐁᑦᑐᑑᑕᐅᓲᓂᒃ ᐋᓐᓂᐊᓂᓕᕆᓂᕐᒥᒃ
Sylvie Ricard, ᓄᓇᓕᓕᒫᓂ ᐊᑕᐅᑦᓯᑰᕐᑎᓯᔨ, ᐱᓇᓱᕝᕕᒥ ᖃᓄᐃᖕᖏᓯᐊᕐᑐᓴᐅᓂᕐᒥᒃ
ᐊᕙᑎᖃᑦᓯᐊᕆᐊᖃᕐᓂᒥᓪᓗ ᐱᓇᓱᑦᑎ