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## NUNAVIK CONFIRMS FIRST CASE OF COVID-19

**Kuujuuaq, March 28, 2020** – The Public Health Department of the Nunavik Regional Board of Health and Social Services (NRBHSS) has received confirmation that a woman currently in the region has tested positive for COVID-19. “Ever since the patient was tested, she was put under home isolation and a list of close contacts was gathered. The health authorities are ensuring all proper follow-ups with everyone concerned. The patient is aware of the situation and is doing well,” says Dr. Marie Rochette, Regional Director of Public Health at the NRBHSS.

The patient has practiced self-isolation since being tested and will continue to do so until instructed otherwise by her treating team. The patient is still currently sharing a house with others but is isolated in a specific room and hygiene measures are being strictly applied. A public health team is in charge of contacting the patient’s close contact list. Through various questions, the team will determine who needs to practice further measures such as testing and practicing self-isolation. Close contacts are persons that were in contact with the patient for a period of at least 15 minutes at a distance of two meters or less. Instructions will be given to the close contacts and health professionals will follow up with them daily.

Action has been taken in a timely manner; all appropriate public health measures are in place. All physical and psychosocial needs are currently being addressed. The patient and contacts who will be in isolation will be followed by the CLSC and their needs will be re-assessed on a regular basis. As the situation evolves, Public Health and regional partners will constantly monitor the situation and make adjustments along the way. “For those in isolation, they are aware of all the precautions they need to follow. We remind people to help them follow the recommendations and be supportive,” says Minnie Grey, executive director of the NRBHSS.

The NRBHSS acknowledges that this period is highly stressful and wishes to reassure the population that thorough measures are in place to ensure a strict control on the situation. As a reminder, everyone should follow those basic but highly important hygiene measures such as:

- Washing your hands frequently for at least 20 seconds
- Respecting a distance of two meters between one another
- Staying at home as much as possible
- Avoiding visiting friends and family members in close spaces at all cost (home, cabin, etc.)

**Important reminder: do not present yourself at your local CLSC.** If you believe you are infected with COVID-19, please contact the Info-Health line at 1-888-662-7482 from Monday to Friday: 10 AM to 10 PM, Saturday and Sunday: 10 AM to 5 PM. Outside of opening hours please contact your local CLSC.

*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.*

– 30 –

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

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