

Respiratory Infectious Diseases Prevention and Management Measures for Workplaces and Organizations

November 9th, 2024

The respiratory virus season is starting across Quebec and in Nunavik. Organizations as well as individuals can help prevent and manage infections due to respiratory viruses and bacteria in a simple way.

Tools for self-management

Several tools and references are available for workplaces and workers. Below are links to tools to facilitate the autonomy of managers and their employees in the management of viruses and bacteria responsible for infectious respiratory diseases.

Institution	Link to website	Elements presented
Ministère de la santé et des Services sociaux	Steps for limiting the spread of respiratory infectious diseases (quebec.ca) Influenza (Quebec.ca) Testing for flu-like symptoms (quebec.ca) COVID-19 rapid screening tests (quebec.ca)	Instructions for the general population: <ul style="list-style-type: none"> • What to do when you have symptoms? • Reminder “to protect our and other’s health” • How to do a rapid test
Nunavik Regional Board of Health and Social Services	Coronavirus Nunavik Regional Board of Health and Social Services (nrhss.ca) Workplaces Nunavik Regional Board of Health and Social Services (nrhss.ca)	<ul style="list-style-type: none"> • Respiratory viruses and COVID-19 in Nunavik • Screening and rapid tests • Vaccination • Instructions for workplaces (setting-specific guidelines)
Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST)	Guide général de recommandations sanitaires en milieu de travail – Maladies respiratoires infectieuses, dont la COVID-19 Commission des normes de l'équité de la santé et de la sécurité du travail - CNESST (gouv.qc.ca) Questions and answers – respiratory infectious diseases and COVID 19 Commission des normes de l'équité de la santé et de la sécurité du travail - CNESST (gouv.qc.ca)	<ul style="list-style-type: none"> • Recommendations according to installation • Preventive measures • Questions and answers: respiratory infectious diseases and COVID

Orders for rapid tests

Contact the CLSC in your community for your rapid test needs.

Orders for PPE (Healthcare settings)

To receive personal protective equipment (PPE), you must contact the person responsible for medical supplies at your health center directly.

- CSI: Mathieu Ménard (mathieu.menard.csi@ssss.gouv.qc.ca)
- UTHC: Jean-Daniel Simoneau (jean-daniel.simoneau.csi@ssss.gouv.qc.ca)

Support from Public Health

You are always welcome to contact us if you have more questions regarding prevention of respiratory infections, including influenza and COVID-19, or if you are facing a challenging situation. In the context of a viral respiratory outbreak, we can also assist you in the adjustment of measures as they may be warranted.

We can be reached by email at ph.community.ipc.nrbhss@ssss.gouv.qc.ca or by calling 811 to speak with a nurse.

Nakurmiik, Thank you,

Lucie Dufault, B.SC.Inf, Infectious disease nurse advisor
Surveillance and control of respiratory virus team
Department of Public Health, NRBHSS

