



Examples of Measures

The interventions aim for the best possible protection for the communities without compromising services. There are multiple possibilities for risk-mitigation measures and they are unique to each type of work. We wish to offer flexibility to employers in the deployment of those measures. Below are some examples:

- A nurse underwent 14-day home isolation before departure. She¹ did not go out for groceries or appointments and remained isolated from her home contacts. If she lives with her spouse, they can choose to be isolated together for 14 days, as long as they both respect the quarantine. This person represents a low risk of transmission. Given that the quarantine occurred in the South, it is not necessary to repeat it in the North.
- A worker performing maintenance or repair tasks at a reserved workstation marks a two-metre perimeter on the floor around the workstation or posts a notice on his door. He washes his hands frequently. He makes sure to remain two metres away from his colleagues and opts for telephone conversations rather than in person. He uses a telephone that is not shared by the team.
- A physician or a nurse, in the context of clinical work, avoids home visits to elderly persons for the first two weeks of her stay. She wears a mask during encounters with patients, does not use telephones in common areas and regularly washes her hands. During team meetings, she maintains a distance of two metres from the rest of the medical team.
- A regular nurse returning from vacation in Montréal is assigned tasks that do not involve direct contact with the clientele for the first two weeks after her return. She has a telephone that no one else uses. She has marked a two-metre perimeter around her workstation. During team meetings, she maintains a distance of two metres from her colleagues. She washes her hands frequently.
- A management officer returning from vacation in Montréal makes sure to mark a two-metre zone around his workstation or posts a note on his door to inform colleagues of his isolation. During team meetings, he joins by teleconference. He does not eat in common areas. He uses only his own telephone. He washes his hands frequently and does not carpool.

If one of these persons develops symptoms, she must return home immediately, notify her immediate superior and contact the nurse on Info-health Nunavik ([1 888 662-7482](tel:18886627482)) to have her symptoms evaluated and to arrange an appointment.

¹ In the interest of simplicity, the masculine or feminine form is used in this text to denote either sex.