

### **GUIDE FOR COMMUNITY MEMBERS**

# ESSENTIAL TRAVEL TO AND FROM THE SOUTH

To protect all community members from COVID-19, certain measures have been put in place by the CBHSSJB Public Health Department in collaboration with Public Safety Officers (PSO) and First Nation Councils. We encourage everyone to respect the recommendations provided by local officials. By working together, we can protect our communities from COVID-19 and its variants.

#### THINGS TO BE AWARE OF BEFORE TRAVELLING

#### WHAT IS THE CURRENT COVID-19 SITUATION?





### CNG AREAS OF RISK

cngov.ca/covid-19



# IN QUEBEC (overall COVID-19 data)

inspq.qc.ca/covid-19/donneesgov.ca/covid-19/



#### FOR COVID-19 VARIANTS

inspq.qc.ca/covid-19/ donnees/variants

#### WHAT ARE THE SYMPTOMS OF COVID-19 AND ITS VARIANTS?

- -> Fever
- Shortness of breath
- Cough
- Loss of sense of smell or taste
- Runny nose
- → Sore throat
- Feeling more tired than usual

- Muscle pain all over
- → Headache
- Earache
- Major loss of appetite
- → Abdominal pain
- Nausea or vomiting
- Diarrhea

- → COVID-19 variants cause **similar symptoms** and the same disease in people
- Some variants may be more contagious
- Some variants may lead to more severe or deadly sickness
- > Read **5 things to know** about variants here:
  - **COVID-19 variants**
- Symptoms of COVID-19 most often appear within 2 to 14 days after exposure to the virus and its variants.



For more information:

#### HOW CAN YOU HELP KEEP EEYOU ISTCHEE NUMBERS LOW?



#### **GET TESTED IF YOU FEEL SICK**

Please call your local Community Miyupimaatisiiun Clinic (CMC) and wait to be cleared for travel.



#### **SELF-ISOLATE**

Upon returning to your community, you must self-isolate for 14 days.

#### WHAT SHOULD YOU DO TO PROTECT YOURSELF WHEN YOU TRAVEL TO THE SOUTH?

You are not required to self-isolate when you are going to the South, but we strongly encourage you to **follow all precautionary measures** put in place during the pandemic, and to:

- Plan your travel ahead of time by keeping in mind the Areas of Risk and choosing where you will be staying and going
- or Inform your PSO in advance; they will provide you with specific instructions
- **Get vaccinated**; it's an extra layer of protection
- Stay 2 metres/6 feet away from others outside of your bubble
- Avoid crowded places whenever possible
- Wear a mask properly (on nose and mouth) in public places; please refer to this link:



- Ough and sneeze into your elbow or tissue; throw tissue away in a closed garbage can
- Wash your hands often for 20 seconds with warm water and soap or use hand sanitizer





#### WHAT SHOULD YOU DO TO PROTECT YOURSELF WHEN YOU TRAVEL BACK TO YOUR COMMUNITY?

Anyone returning from outside Eeyou Istchee must self-isolate for a total of 14 days:

- of If you are travelling by road or flying with a regular Air Creebec flight, 14-days of self-isolation must be done, starting when you **return to your home (bubble)**
- To limit the risk of COVID-19 transmission and its variants on the Cree Health Board Charter, you will be asked to split the 14-day isolation period as follows:
  - → 7 days in the region you are travelling from
  - → 7 days in the community you are travelling to
- of For inter-community travel, please refer to your Community Alert Level or the local PSO
- You may be **tested for COVID-19 on Day 5 of your self-isolation**. If necessary, a Cree Health Board representative will contact you.

GROUP	NUMBER OF DAYS TO SELF-ISOLATE		TOTAL
	In the region you are travelling from (e.g. Montreal, Gatineau, etc.)	In the community you are travelling to (e.g. Nemaska, etc.)	NUMBER OF DAYS
PEOPLE TRAVELLING BY CREE HEALTH BOARD CHARTER  (e.g. healthcare workers**, Wiichihiituwin clients and escorts returning from care in the South)	7	7	14
PEOPLE TRAVELLING BY ROAD  (e.g. healthcare workers** and their dependents, Wiichihiituwin clients and escorts returning from care in the South, and community members)	0	14	14
PEOPLE TRAVELLING BY REGULAR AIR CREEBEC FLIGHT	O	14	14

<sup>\*\*</sup> Self-isolation requirements for healthcare workers are subject to change if there is a breach of service.



#### SELF-ISOLATION OPTIONS UPON RETURNING FROM THE SOUTH

Discuss these two options with all household members before you travel. Make sure that everyone involved clearly understands what the limitations will mean for them and that they agree to them.



#### BE CONFINED IN YOUR ROOM ALONE WITH YOUR OWN BATHROOM

If you choose this option, please follow these instructions to prevent the spread of COVID-19 in your household:



#### **STAY HOME & SELF-ISOLATE**

- If you live with others who did not travel, **remain alone** in your bedroom with the door closed especially if you start feeling sick. **Eat and sleep alone**, always in the same room.
- of If possible, use a bathroom not used by anyone else. Close the toilet lid before flushing. Wash your hands afterwards. **Disinfect the bathroom after each use.**
- Oo **NOT invite visitors** into your home. Put the sign "No Visitors Please" on your door.



- **OVER SECTION 2** Avoid contact with other people and pets in the home.
- Air out the house often by opening a window, temperature and weather permitting. If you need fresh air, stay in a private area (i.e. backyard or balcony).
- If you have regular follow-ups at your local CMC or if you have a medical concern, **please call instead** of going in person.



#### WHEN CONTACT IS UNAVOIDABLE

- Wear a mask to cover your nose and mouth whenever anyone else is in the same room as you (such as a caregiver).
- If you need to leave home for medical reasons, please call the CMC or hospital for instructions and wear a mask.
- Throw the disposable mask into a closed garbage can once used, then wash your hands.
- Wash your reusable mask with warm water and soap, at least once a day.





#### **WASH YOUR HANDS OFTEN**

- Wash your hands with **soap and warm water** for at least 20 seconds. This destroys the virus.
- Ory with a paper towel or with a cloth hand towel used only by you.
- If soap and warm water are unavailable, use a hand sanitizer containing 70% alcohol. Take special care to wash your hands before touching any common areas (for example in a shared bathroom).
- our lf you cannot avoid your pet, wash your hands before and after touching it.
- Pets are not at risk for COVID-19 but their fur and skin can carry the virus.



#### COUGH AND SNEEZE INTO YOUR SLEEVE OR INTO A PAPER TISSUE

- Use a paper tissue to cough, sneeze and wipe your nose.
- Throw away the tissue into a closed garbage can then wash your hands with soap and warm water for 20 seconds or sanitize them.



# DO NOT SHARE PERSONAL ITEMS & DISINFECT SURFACES AND ITEMS FREQUENTLY

- O not share plates, utensils, cups, towels, sheets, clothing or any other items.
- Wash dishes and utensils with **soap and water after each use**, or use the dishwasher.
- Oisinfect surfaces and items frequently (especially doorknobs, light switches, handrails, etc.).
- Prepare a disinfectant solution of 1 part household bleach (5%) to 9 parts water (e.g. 1 cup bleach and 9 cups water). Make the mix fresh everyday so it will remain effective.





#### SELF-ISOLATION OPTIONS UPON RETURNING FROM THE SOUTH



#### SELF-ISOLATE WITHIN YOUR IMMEDIATE HOUSEHOLD AS A "BUBBLE"

Upon your return, you can also choose to self-isolate with your family, all together as a "bubble". This means that you can stay in one home together, but **everyone in the household must agree in advance** to complete the self-isolation period as a "bubble" from the rest of the community.



#### WHAT IS A BUBBLE?

A bubble is everyone from the same household who **agrees to self-isolate** from the moment the travelling person arrives, for the whole required period, even if they have stayed in Eeyou Istchee the whole time.

#### ADVANTAGES OF BEING IN A BUBBLE

No need to:

- X Self-isolate from one another inside of the household
- **Wear a mask** while in the home together
- X Maintain 2-metre (6-foot) distancing in the home
- X Have their own room or bathroom

You might need to inform your PSO about who is in your family bubble. A notification of isolation can be filled for every member of your household living with you during your isolation period.

#### IT IS RECOMMENDED NOT TO CHOOSE THIS OPTION IF YOU LIVE WITH:

- **Family members with high-risk factors**, such as being older than 70, having a suppressed immune system, undergoing active treatment for cancer, or receiving hemodialysis.
- **Essential workers** (first responders, nurses, etc.) who will not be able to self-isolate at home because of their work.





#### **NO ONE IN A HOUSEHOLD "BUBBLE":**



#### LEAVES THE HOUSE

Except for essential medical needs



#### **GOES SHOPPING**

Groceries will need to be delivered or purchased before the isolation period begins



# GOES TO PUBLIC PLACES

like school or the park



#### HAS VISITORS AT THE HOUSE



CHECK WITH YOUR LOCAL PSO IF OUTDOOR WALKS ALONE, OR ONLY WITH OTHER MEMBERS OF YOUR BUBBLE, ARE ALLOWED IN YOUR COMMUNITY

If you can walk outside, please select a time and a place where you are less likely to come across other community members.

#### THINGS TO CONSIDER WHEN TRAVELLING

- **OVER SECURITY SECURI**
- **Our travel authorization letter** 
  - → HEALTHCARE WORKERS: Contact Human Resources: 18TCR.Employees.Covid@ssss.gouv.qc.ca
  - → WIICHIHIITUWIN CLIENTS OR ESCORTS: Contact your liaison nurse.
- String proof of a permanent residence
- The security checkpoint officer will fill out a Notification of Isolation form upon your return from high-risk areas



#### PLEASE REFER TO THESE ADDITIONAL DOCUMENTS:



#### What to pack

If you need to self-isolate at the hotel before your return



What to pack



#### **Caregiver - Travelling back**

For instructions if you are a caregiver or escort helping a person in self-isolation



Caregiver - Travelling back



#### **Cleaning & Laundry**

For instructions about cleaning and laundry during self-isolation



Cleaning & Laundry

## Are you feeling stressed, anxious or depressed?

CALL THE WIICHIHIIWAAUWIN HELPLINE for Eeyou Istchee

1833 632-4357 (HELP)

Counsellors are available 24/7 to answer your questions and help you through this stressful time.

### If you think you have been exposed to the virus

**CALL THE COVID-19 INFO-LINE** 

1866855-2811

### For more information about COVID-19

1 866 855-2811

quebec.ca/coronavirus

creehealth.org/covid

creehealth.org/covid-vaccine-faq

# STAY SAFE! STAY STRONG!

Help keep our community and families safe

