



# 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?



#### IN EEYOU ISTCHEE

[creehealth.org/covid](http://creehealth.org/covid)



#### CNG AREAS OF RISK

[cngov.ca/covid-19](http://cngov.ca/covid-19)



#### IN QUEBEC (overall COVID-19 data)

[inspq.qc.ca/covid-19/](http://inspq.qc.ca/covid-19/)-  
[donneesgov.ca/covid-19/](http://donneesgov.ca/covid-19/)



#### FOR COVID-19 VARIANTS

[inspq.qc.ca/covid-19/  
donnees/variants](http://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.











## SELF-ISOLATION OPTIONS UPON RETURNING FROM THE SOUTH

OPTION  
2

### 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:

- ✘ **Self-isolate from one another** inside of the household
- ✘ **Wear a mask** while in the home together
- ✘ **Maintain 2-metre (6-foot)** distancing in the home
- ✘ 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**

- ✓ **Report yourself** at all security checkpoints
- ✓ Get your **travel authorization letter**
  - ➔ HEALTHCARE WORKERS:  
Contact Human Resources: 18TCR.Employees.Covid@ssss.gouv.qc.ca
  - ➔ WIICHIHIITUWIN CLIENTS OR ESCORTS:  
Contact your liaison nurse.
- ✓ Bring **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

**1 833 632-4357 (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

**1 866 855-2811**

**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

