Q: Will Christmas look different this year?

A: This Christmas will be different from other years.

- Check the detailed COVID-19 provincial guidelines when planning any holiday events and gatherings including family gatherings. These may change as we get closer to Advent and Christmas.

- For more information to help plan a safe holiday, go to: **https://www.gov.nl.ca/covid-19/individuals-and-households/holiday-events-and-gatherings/**

Q: Nunavut has had cases, could that happen in Nunatsiavut?

A: Yes.

- With cases rising across the country, the risk of cases coming to rural and remote communities is always possible. This means that you should always follow public health guidance, including wearing a mask in public buildings and washing your hands often.

- Remember that the Nunatsiavut Government is aware of this risk and has implemented extra travel quarantine requirements for all travellers entering Nunatsiavut, in an effort to protect our communities. The Nunatsiavut Government has been planning and collaborating with our partners in the region, province, and across Canada to respond to this unique situation.
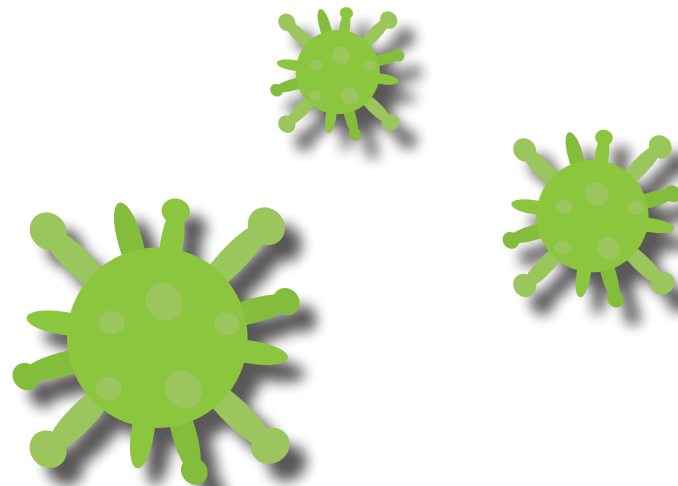
Q: Will a COVID-19 vaccine be available in the spring?

A: The federal government is hopeful that a vaccine will be available early 2021.

- However there are still a lot of unknown details about these plans at this time.

- As soon as the Nunatsiavut Government has confirmed details, you will be provided with more information.

#BeKind

For more information contact your Department of Health and Social Development Public Health office:

Nain
709-922-2962

Hopedale
709-933-3834

Makkovik
709-923-2340

Postville
709-479-9842

Rigolet
709- 947-3321

Regional Office
(Happy Valley-Goose Bay)
709-896-9750

NUNATSIAVUT
kavamanga   Government

COVID-19 Readiness Q&A

Q: What can you do now to protect yourself, your family, and your community from COVID-19?
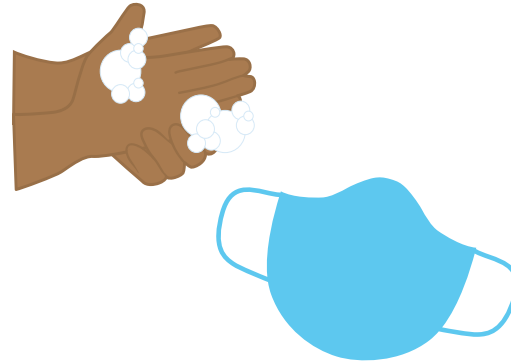
A: There are a number of things you can do:

- Follow all the usual public health measures: wear a mask, wash your hands often, and practice physical distancing.

- Think of **people, space, time, place**.
  - **People:** Interacting with more people raises the risk of spread of COVID-19.
  - **Space:** The closer you are to people, the greater the risk of spread of COVID-19.
  - **Time:** Risk of spread increases as people spend longer amounts of time together.
  - **Place:** Indoor places are more risky than outdoors. Organizers should plan for situations and activities with the least amount of risk possible and individuals should carefully consider the risk associated with any events before they attend.

- Rumours and unkindness can be as contagious as viruses. **Remember to be kind.**
  - Viruses don't discriminate and neither should we.
  - Show compassion and respect for those who have symptoms or are recovering from COVID-19.
  - Stick to the facts. Don't trust unreliable sources.

- Never share rumours about others on social media.
- Remember that hand washing, physical distancing, and wearing masks are the best defenses from COVID-19.

Q: How would COVID-19 get diagnosed in Nunatsiavut?

A: Getting diagnosed with COVID-19 is a process:

- If a person in Nunatsiavut fits the criteria for testing after being assessed by the online 811 screening tool or by 811 or by other criteria, a Public Health nurse or regional nurse would **swab** them. Under some circumstances, the test may be carried out in the community and then sent to St. John's for confirmation. Otherwise the swab is sent directly to St. John's.

- If the test is done in the community a **presumptive test result** may come back first, but a **confirmatory test** will always be done to confirm any diagnosis. Remember, sometimes a presumptive test can be positive, but the confirmatory test will be negative. Public Health will still take actions if there is a positive presumptive test, in case it turns out to be confirmed as positive. **Better safe than sorry!**

- While the person waits for their test result to come back in a day or so, Public Health would ensure they receive COVID-19 education and are **isolating** from other people.

Let's not turn fear into stigma!

Q: What would happen if there was a COVID-19 case in a Labrador Inuit community?

A: A number of actions would be taken immediately:

- **The health of the case would be prioritized**. Medical professionals would assess the case to determine if they need to travel to a hospital in Happy Valley - Goose Bay or if they can stay at home.
  - A **very sick** person would be immediately medevaced to a hospital.
  - A case with **mild COVID-19 symptoms** and a **safe place to isolate** from other people can stay at home until they are recovered.
  - If a case has nowhere to safely isolate from other people, they may be offered an **alternate place to isolate** in their community, depending on their medical situation. This may be because they live in a very crowded home, or do not have a home of their own.
  - A case with **other medical conditions** that put them at high risk of severe COVID-19 illness may be eligible to isolate in Happy Valley - Goose Bay, so they can be closer to the hospital. Any medical conditions will be assessed by a medical team to make this decision.

- Public Health would identify anyone who was in **contact** with the case, arrange for them to be tested for COVID-19 and ensure they are safely isolating to prevent further spread of the virus.

- Public Health staff in Nunatsiavut would collaborate with the Medical Officers of Health at Labrador - Grenfell Health and at the Province.

- **Public communication:** To protect the privacy of a case, Public Health officials and the Nunatsiavut Government would **not** announce the name or location of the case. However, it is likely that the community would become aware of the case through social media or other sources. The Nunatsiavut Government prioritises both the privacy of residents and their safety. All required actions will be taken to protect members of the public and to advise them how to stay safe.

Better safe than sorry!