

News Release

For Immediate Release

CPHO announces changes to isolation guidelines

Iqaluit, Nunavut (January 17, 2022) – Dr. Michael Patterson, Nunavut's Chief Public Health Officer is announcing changes to isolation guidelines.

For those who have received at least 2 doses of a vaccine, the typical period of isolation due to infection will be seven days. For those who are unvaccinated, isolation due to infection will be at least 10 days. High risk contacts and household contacts, regardless of vaccination status, will also isolate for 10 days, after the last exposure.

Those who are isolating after travel should isolate for 10 days from arrival to Nunavut.

The isolation period is from either the start of symptoms or a positive test result. Isolation will be extended if the person has not been asymptomatic for a 24-hour period.

"Evidence shows it is reasonable to shorten isolation for some individuals depending on the situation," said Dr. Patterson. "Isolation continues to be vital to containing outbreaks and transmission. Please remain isolated for the time you are told to. If you take a selftest and it comes back negative, you must still complete your full isolation period. Leaving isolation early, increases the risk of spreading COVID in a community, which will lead to tighter restrictions."

Anyone who develops COVID-19 symptoms is advised to call the COVID hotline at 1-888-975-8601 between 10 a.m. and 6 p.m. EDT or notify their community health centre right away by telephone. Please do not go to the health centre in person.

COVID-19 vaccines are available to all Nunavummiut aged 5 and older and boosters are available for anyone 12 years and older. Contact your health centre to make an appointment. For all the latest information on COVID-19 in Nunavut, go to: https://www.gov.nu.ca/

Media Contact:

Chris Puglia A/Manager of Communications Department of Health 867-975-5949 cpuglia@gov.nu.ca

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2021-NR-13