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Nunavuliuqatigiingniq
Bâtir le Nunavut ensemble

Public Service Announcement

Concerns following COVID-19 case at PDAC 2020 convention in Toronto

March 11, 2020
Iqaluit, NU **100 sec.**

The Department of Health would like to address concerns that have been circulating following the discovery a person with COVID-19 attended the Prospectors & Developers Association of Canada 2020 convention in Toronto, which a number of Nunavummiut also attended.

Those who attended the conference have been requested to exercise self-monitoring, a recommendation for individuals who are at low risk of exposure, are well and not exhibiting symptoms.

These individuals can go about most activities of daily life, but should avoid large gatherings, or going into public settings that they cannot leave. For these people, the following activities would be acceptable:

- Working at a desk with more than 1m separation (or behind a closed door).
- Getting groceries and other errands.

To be avoided:

- Face-to-face meetings.
- Air travel.
- Dinner out at a restaurant or friends' homes.
- Other festivities (e.g weddings).

In the case that a person does develop symptoms while self-monitoring, they should contact their health centre and be tested. At that time, they will be swabbed and asked to begin self-isolation until the swab results come back.

The best defence against viruses such as COVID-19 continues to be maintaining proper hygiene and illness etiquette.

- Stay home if you are sick.
- Encourage those you know are sick to stay home.
- Change how you greet people to avoid physical contact such as handshakes, hugging or kissing.
- Wash your hands regularly.
- Cough and sneeze into your sleeve.
- Clean and disinfect frequently touched surfaces such as toys, phones, toilets, electronics, bedside tables, television remotes and door handles.

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