On March 13, 2020, the Gouvernement du Québec brought in measures aiming to protect the health of the population, including Indigenous populations.

The Gouvernement du Québec is aware of various authorities in Indigenous communities’ concerns relating to their isolation and to the limited available means for facing this pandemic.

Particular attention must be paid to the elderly, especially people aged 70 and older, since they face a greater risk of complications.

In light of this unusual situation, your Gouvernement du Québec is collaborating with Indigenous health organizations, Grand Chiefs, Chiefs and political representatives in order to support them and to provide an effective channel of communication.

Health instructions

For everyone

- Wash your hands frequently with warm running water and soap for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Follow the rules of hygiene whenever you cough or sneeze:
  - Cover your mouth and nose with your arm to reduce the spreading of germs.
  - If you use a tissue paper, dispose of it as soon as possible, and then wash your hands.
- If you are sick, avoid contact with the most vulnerable people, including the elderly and persons with chronic diseases. For example, avoid visiting people who are in hospitals, as well as those who are in long-term care facilities or private residential facilities.
- Avoid direct contact such as handshakes when greeting people, and use alternative practices.

YOU have a role to play in reducing the risk of spreading the virus.

Government measures

A number of measures have been taken by the government to limit the spread, including:

- Voluntary isolation for 14 days for all persons returning from outside the country since March 12, 2020;

- Mandatory isolation for 14 days for all public service employees and for all public and private health care, education and child care personnel returning from outside the country on or after March 12, 2020;

- The minimization of non-priority services and activities by the adoption of an Order in Concil 223-2020 declaring the suspension of all activity carried on in work environments providing non-priority services (PDF 37 Kb);

- The prohibition of indoor and outdoor gatherings. However, provision has been made for certain exemptions, for example the workplace and certain stores (see the “Gatherings and events” section);
Educational institutions (elementary and secondary schools, training centres, private schools) will be closed until May 1, inclusively. Emergency school daycare services are open for the children (aged 4 to 13) of health care, social services and essential services personnel;

Daycare services (CPE, subsidized, non-subsidized and family daycare centres) will be reserved for the children (from birth to age 5) of health care, social services and essential services personnel until May 1, inclusively;

The suspension of student loan debt repayment for 6 months, including borrowers whose accounts are in collection;

The temporary suspension of visits between children in foster families, rehabilitation centres or intermediate resources and their biological families;

Prohibition of non-essential visits to hospitals, long-term care centres (CHSLDs), intermediate resources, family-type resources for the elderly and vulnerable adults, and to private nursing homes throughout Québec;

Coverage of health services relating to COVID-19 provided through correspondence or through telecommunication by the Régie de l’assurance maladie du Québec (RAMQ);

Prevention and management in a healthcare setting when infection is suspected or confirmed;

A program to offer financial assistance to meet the needs of workers who, because they are in isolation to counter the propagation of the COVID-19 virus, cannot earn all of their work income and are not eligible for another financial assistance program;

The announcement of the Concerted temporary action program for businesses (PACTE) offering financial support to businesses experiencing difficulties obtaining supplies of raw materials or products (goods or services) or whose ability to deliver products is halted or reduced;

The announcement of flexibility measures respecting the terms and conditions of loans already granted by Investissement Québec or through the local investment funds;

Identification of designated clinics to take care of persons presenting symptoms;

Temporary Aid for Workers Program during the COVID-19 pandemic (PATT COVID-19) to provide financial support for workers who are not eligible for an income replacement program and who are affected by a confinement measure.

Masks are not an effective protective measure; on this subject, please watch this message from Dr. Horacio Arruda, Québec's Director of Public Health.

If you are worried about COVID-19 or if you have symptoms, such as coughing or fever, you may call toll-free at 1 877 644-4545 or consult the website https://www.quebec.ca/coronavirus


Nunavik Regional Board of Health and Social Services: http://nrbhss.ca/en/coronavirus

Cree Board of Health and Social Services of James Bay: https://www.creehealth.org/coronavirus.