



# DEPARTMENT OF HEALTH ([HTTPS://WWW.GOV.NU.CA/ HEALTH](https://www.gov.nu.ca/health))



**Nunavut's Path: moving forward during COVID-19 (<https://www.gov.nu.ca/health/information/nunavuts-path>)**



**Take the self-assessment tool at [nu.thrive.health](https://nu.thrive.health) (<https://nu.thrive.health/covid19/en>)**



**Find the latest [COVID-19 GN updates \(https://gov.nu.ca/\)](https://gov.nu.ca/) and [health resources \(https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus\)](https://www.gov.nu.ca/health/information/covid-19-novel-coronavirus).**

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## COVID-19 (Novel Coronavirus)

### Nunavut COVID-19 Case Update

July 22/20

| Confirmed cases | Probable cases | Total persons followed | Current persons followed |
|-----------------|----------------|------------------------|--------------------------|
| 0               | 0              | 1676                   | 215                      |

\*Please note: These numbers change frequently. Every effort is made to keep this information up-to-date and complete but it may not reflect all persons followed or tested.

\*\* Confirmed and Probable cases include those meeting the national case definitions. Persons followed includes individuals with specific symptoms and exposures as well as others who are self-monitoring or self-isolated. Not all of these individuals have symptoms or require testing.

The Government of Nunavut is actively monitoring the COVID-19 situation nationally and globally.

## **Orders from Chief Public Health Officer of Nunavut (<https://www.gov.nu.ca/health/information/chief-public-health-officer-orders>)**

Click here for more information (<http://www.gov.nu.ca/health/information/chief-public-health-officer-orders>)

## **Travel and Isolation (<https://gov.nu.ca/health/information/travel-and-isolation>)**

Click here for more information (<https://gov.nu.ca/health/information/travel-and-isolation>)

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## **COVID Hotline**

Need to talk to someone if you have COVID-19 symptoms, or have recently travelled to or from an affected area? Do you have questions about travel to Nunavut or the isolation sites? Please call 975-8601 or 1-888-975-8601 from 10 a.m. to 6 p.m. to speak with someone. For travel related inquiries please call between 8:30 a.m. to 5 p.m. Monday - Friday. Please remember this line is for those who need it – and should not be used for general inquiries.

If you have questions or need help in an emergency, call your local health centre (<https://www.gov.nu.ca/health/information/health-centres>).

# COVID-19 Facts

## Symptoms

Those who are infected with COVID-19 may have little to no symptoms. You may not know you have symptoms of COVID-19 because they are similar to a cold or flu. Symptoms may take up to 14 days to appear after exposure to COVID-19. This is the longest known infectious period for this disease.

Symptoms include:

- fever
- cough
- difficulty breathing
- pneumonia in both lungs requiring support for breathing.

## If you become ill

If you develop symptoms and have travelled to a region with known cases of COVID-19 occurring in the community or have been in contact with someone who has:

- stay at home and avoid contact with others
- follow up with your health care professional

If you develop fever, cough or difficulty breathing in the next 14 days, call your health care provider or local public health authority and advise them of possible contact with COVID-19.

If you are ill and must visit a health care professional, call ahead or tell them when you arrive that you have a respiratory illness and if you have travelled.

## What are the risks of getting COVID-19?

COVID-19 is a serious health threat, and the situation is evolving daily. The risk will vary between and within communities, but given the increasing number of cases in Canada, the risk to Canadians is considered high.

This does not mean that all Canadians will get the disease. It means that there is already a significant impact on our health care system. If we do not flatten the epidemic curve now, the increase of COVID-19 cases could impact health care resources available to Canadians.

The risk for COVID-19 may be increased for certain settings such as:

- cruise ships (<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/latest-travel-health-advice.html#cruise>)
- crowded areas (such as public transit and shopping centres)
- gatherings (spiritual and cultural settings, theatres, sports arenas, festivals and conferences)

There is an increased risk of more severe outcomes for Canadians:

- aged 65 and over
- with compromised immune systems
- with underlying medical conditions

People that fall into these categories should reconsider attending gatherings. This includes large gatherings and even smaller events in crowded or enclosed settings.

If you have symptoms (cough, fever or difficulty breathing), do not attend a mass gathering, event or places where people gather. You could put someone whose health is vulnerable at risk.

## Resources:

About Coronavirus (COVID-19) (<https://www.gov.nu.ca/sites/default/files/about-coronavirus-disease-covid-19.pdf>)

Social Distancing ([https://www.gov.nu.ca/sites/default/files/social\\_distancing\\_-\\_eng.pdf](https://www.gov.nu.ca/sites/default/files/social_distancing_-_eng.pdf))

Hand Washing ([https://www.gov.nu.ca/sites/default/files/washing\\_hands\\_poster\\_eng\\_inuktitut.pdf](https://www.gov.nu.ca/sites/default/files/washing_hands_poster_eng_inuktitut.pdf))

Isolation and Return to Nunavut Protocol ([/sites/default/files/isolation\\_poster\\_-\\_eng.jpg](/sites/default/files/isolation_poster_-_eng.jpg))

Vulnerable Populations ([https://www.gov.nu.ca/sites/default/files/vulnerable-groups\\_updated-eng.pdf](https://www.gov.nu.ca/sites/default/files/vulnerable-groups_updated-eng.pdf))

Managing Anxiety and Stress During COVID-19 ([https://gov.nu.ca/sites/default/files/managing\\_anxiety\\_and\\_stress\\_during\\_covid-19\\_-\\_eng.pdf](https://gov.nu.ca/sites/default/files/managing_anxiety_and_stress_during_covid-19_-_eng.pdf))

Cleaning to Reduce the Risk of COVID-19 ([/sites/default/files/03-19-2020\\_cleaning\\_covid-19\\_poster\\_0.pdf](/sites/default/files/03-19-2020_cleaning_covid-19_poster_0.pdf))

Face Covering Requirements for Air Travellers ([https://gov.nu.ca/sites/default/files/face\\_covering\\_requirements\\_for\\_air\\_travellers\\_poster\\_v2\\_april-18-2020\\_eng.pdf](https://gov.nu.ca/sites/default/files/face_covering_requirements_for_air_travellers_poster_v2_april-18-2020_eng.pdf))

COVID-19 Isolation ([https://gov.nu.ca/sites/default/files/covid\\_isolation\\_v5\\_may2020\\_eng.pdf](https://gov.nu.ca/sites/default/files/covid_isolation_v5_may2020_eng.pdf))

Masks are not Enough ([/sites/default/files/masks\\_are\\_not\\_enough\\_poster\\_eng\\_apr-21-2020.pdf](/sites/default/files/masks_are_not_enough_poster_eng_apr-21-2020.pdf))

Instructions for Making a Mask ([https://gov.nu.ca/sites/default/files/instructions\\_for\\_making\\_a\\_facemask\\_-\\_eng\\_0.pdf](https://gov.nu.ca/sites/default/files/instructions_for_making_a_facemask_-_eng_0.pdf))

How to Use a Mask ([https://gov.nu.ca/sites/default/files/mask\\_use\\_one\\_pager\\_-\\_eng.pdf](https://gov.nu.ca/sites/default/files/mask_use_one_pager_-_eng.pdf))



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