



# SAFE GATHERING GUIDELINES

**If we decide to gather, let's visit in a safe way!**

*The recent outbreaks that affected inland communities showed us how fast the COVID-19 virus can spread. Though it is likely that our communities will see more cases of COVID-19 in the future, we can do a lot to avoid large outbreaks. We must continue to be very cautious and respect all precautionary measures. These guidelines provide recommendations and tips to gather and visit safely during Phases 2, 3 and 4 of Eeyou Istchee's Pandemic Plan.*

**CONSULT THE CURRENT ALERT LEVEL**

## INDOOR AND OUTDOOR GATHERINGS

✓ Indoor and outdoor gatherings should respect limits described in each Phase of Deconfinement.

→ Remember that in Phase 2, **indoor gatherings are only allowed between the same 2 households** (a bubble). Your bubble should be with the same household when in Phase 2. Even when visits are allowed, always think twice about the need to visit, and explore alternatives.



✓ When organizing a visit or gathering, **ask Elders and other vulnerable people whether they are comfortable with what you are planning**, and adjust if needed. This may mean making your gatherings smaller, shortening the amount of time you spend together, or choosing to visit in other ways.

## GENERAL MEASURES FOR VISITING OR HOSTING A GATHERING

- ✔ Visits at home or other indoor spaces: **Make sure that guests wash their hands** (at least 20 seconds with soap and warm water) or sanitize them when they come inside.
- ✔ Members of different households should **keep physical distance from each other** (2 metres/6 feet), even if you are in a bubble. If space does not allow for this physical distance, consider reviewing the number of people you want to gather, or look at alternatives.
- ✔ For those brief moments **when physical distancing is not possible** during your visit or gathering, everyone should **wear masks** that cover the nose and mouth.
- ✔ Try to **create good ventilation in the space where you gather**. Crack open a window or door for air circulation.
- ✔ **Encourage people to avoid singing or shouting** when possible. Play music at a low volume, so that guests don't have to shout to be heard.
- ✔ If your visit or gathering involves sharing a meal, households should **sit at their own table**. All guests should wash their hands or sanitize them before and after eating. Encourage guests to **bring their own food and drink**, but try to **avoid potluck-style gatherings**. For more tips about safe food handling:



## MAPAQ FOOD HANDLER GUIDE

- + English version: [concordia.ca/content/dam/concordia/services/event-planning/docs/Concordia-Guide-for-food-handlers.pdf](https://concordia.ca/content/dam/concordia/services/event-planning/docs/Concordia-Guide-for-food-handlers.pdf)
- + French version: [mapaq.gouv.qc.ca/bonnespratiques](https://mapaq.gouv.qc.ca/bonnespratiques)

- ✔ **If you have a pet**, ask your guests to **wash their hands before touching it**.
- ✔ **Remind guests of basic precautions**: Cough or sneeze in their elbow or a tissue, throw away the tissue, and wash their hands immediately after.
- ✔ **Keep note the date and time guests enter and leave**. This helps contact tracing in the event of a COVID-19 outbreak.
- ✔ **Car rides**: Crack your windows open to allow air to circulate. If you're driving with someone who doesn't live with you, wear a mask that covers your nose and mouth. **Your scarf does not replace your mask**.
- ✔ **Visiting or hosting a gathering outdoors**: Practice physical distancing from people who don't live with you. Wear a mask that covers your nose and mouth. A scarf does not replace a mask. Don't share beverages from the same container, or share utensils.



**EXTRA PRECAUTIONS FOR THE ELDERLY AND OTHER VULNERABLE PEOPLE**

- ✔ Make sure visitors **wash their hands and wear a mask** over their nose and mouth.
- ✔ **Limit the number of people** who come in close contact (for example, only the immediate family).
- ✔ **Consider visiting Elders in their home**, rather than having them come to yours.
- ✔ **Disinfect the bathroom after each use** and regularly **clean high-touch items** such as doorknobs, phones, light switches, etc.
- ✔ Make sure they **do not share items** such as utensils or drinking glasses.
- ✔ Before the gathering, find out how comfortable your vulnerable household members or guests are with the arrangements. Consider keeping your gatherings small or shortening the amount of time you spend together.
- ✔ **Be selective** about who comes to visit.
- ✔ **Deliver food** to Elders and vulnerable individuals or **have dinner virtually**.

 **You must follow recommendations and precautions, even if you've been vaccinated. The Moderna vaccine provides an extra layer of protection, and works together with other precautionary measures to protect you, your family and community from COVID-19.**

**ADDITIONAL INFORMATION:**

**WIICHIHIIWAAUWIN HELPLINE**  
**1-833-632-4357**

**COVID-19 INFO-LINE**  
**1-866-855-2811**

 **CNG'S AREAS OF RISK MAP**  
+ [cngov.ca/covid-19/#risk](https://cngov.ca/covid-19/#risk)

 **ALERT LEVELS AND COVID-19 INFOS**  
+ [creehealth.org/covid](https://creehealth.org/covid)

 **CBHSSJB SELF-ISOLATION GUIDE**  
+ [creehealth.org/health-tips/guidelines-self-isolation-people-who-travel-high-risk-area](https://creehealth.org/health-tips/guidelines-self-isolation-people-who-travel-high-risk-area)