# COVID-19 (CORONAVIRUS)

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# Recommendations for grocery stores, convenience stores and restaurants

#### Prevention of COVID-19

In light of the current events, the Government of Quebec and MAPAQ have issued important recommendations for grocery stores, convenience stores and restaurants, which we encourage you to consult often as government measures change frequently (see links below).

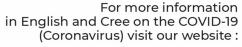
Here are some of the highlights of the recommendations along with concrete examples of what food businesses can do to help protect costumers and staff against this virus.

- The virus is not transmitted through food, and cannot grow on food, but it is recommended to cook food well and wash fruits & vegetables before preparation to eliminate potential risk of contamination
- It is mainly contracted by person-to-person contacts or through respiratory droplets from coughing or sneezing
- It can also be contracted by touching surfaces or objects contaminated by respiratory droplets, but this is not the primary means of transmission
- Adopting good food safety and hygiene practices is the key to prevent contamination:
  - Washing hands frequently (e.g. before eating or cooking), with warm water and soap for at least 20 seconds
  - Avoiding touching face (nose, mouth and eyes)
  - Coughing & sneezing in elbow
  - Washing food thoroughly before preparation
- Employees presenting symptoms (such as cough or fever) should stay at home, and avoid preparing food for others
- Avoid contacts with people showing symptoms (e.g. coughing, sneezing)
- Grocery stores, convenience stores & restaurants are essential services and must remain open

THE BEST WAY TO AVOID CONTAMINATING YOURSELF AND OTHERS IS TO

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- Restaurant eating areas must be closed; only take-outs, deliveries and drivethrough are permitted
- Avoid self-service (e.g. candies, olive bars, straws & utensils, salad bars, dessert or coffee stations, etc.)
- Increase frequency of cleaning & disinfection of high traffic areas & surfaces
- Add handwashing or sanitizing stations (e.g. at the entrance)
- Food handlers should wash their hands frequently
- Food handlers are not required to wear gloves; as they provide a false sense of security. Frequent hand washing is more appropriate.
- Employees and customers are encouraged to maintain a distance of 2 meters (6 feet) or more
- Indoor and outdoor gatherings are not permitted
- Food sold should be prepared in establishments that have food permits, by trained food handlers, while ensuring respect of additional food safety measures.

For any information related to COVID-19, contact 1-877-644-4545. An information line is being put in place for Eeyou Istchee. We will keep you inform once the service is available.

#### MAPAQ.

ENG: <u>file:///C:/Users/vincha01/Desktop/English\_Questions-ReponseclientelesMAPAQ.pdf</u>
FR: https://www.mapaq.gouv.gc.ca/fr/Avis\_Publicite/Pages/COVID-19\_QuestionsReponses.aspx

#### Government of Quebec

Instructions & directives: <a href="https://www.guebec.ca/en/health/health-issues/a-z/2019-">https://www.guebec.ca/en/health/health-issues/a-z/2019-</a>

coronavirus/instructions-directives/#c47718

Essential services: <a href="https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/essential-services-commercial-activities-covid19/#c48424">https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/essential-services-commercial-activities-covid19/#c48424</a>

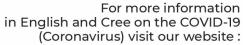
#### Cree Board of Health and Social Services of James Bay

Updates: <a href="https://www.creehealth.org/coronavirus">https://www.creehealth.org/coronavirus</a> FAQ: <a href="https://www.creehealth.org/covid19-faq">https://www.creehealth.org/covid19-faq</a>

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#### EXAMPLES OF WHAT YOU CAN DO TO HELP PROTECT AGAINT THIS VIRUS

#### Encourage social distancing

- Limiting the capacity to a maximum number of people at once
- Limiting access to only one person per family
- Adding lines on the floor to show the distance to respect while lining up (minimum 2 meters or 6 feet)
- Making narrow aisles one way only, by adding arrow on the floor
- Closing all dining rooms and eating areas & replacing them by take-outs

#### Increase cleaning

- Increasing frequency of cleaning, especially high traffic areas & surfaces (e.g. door and fridge handles, counters, cash registry areas, washrooms, carts and baskets)
- Dedicating more staff to cleaning of high traffic areas
- Ensuring use of disinfectant for cleaning surfaces & high traffic areas
- Ensuring availability of sufficient cleaning & sanitizing supply

### Increase hand washing & sanitizing

- Adding sanitizing or hand washing stations for costumers at the entrance or cash registry
- Keeping hand sanitizers, sanitizing wipes and sanitizing sprays for sanitizing stations (rather than selling them)
- Asking employees to increase hand washing frequency, and wash hands carefully with soap and warm water for at least 20 seconds
- Ensuring availability of soap and paper towls in washrooms

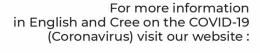
#### Protect people at risk

- Offering special service hours for elders & people who are more at risk
- Limiting access to children
- Offer home deliveries, especially for elders and people at risk

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#### Protect staff & customers

- Adding plexiglass guards at the cash registry
- Encouraging customers to tap cards when possible
- Encouraging staff to wear uniforms or aprons during food preparation (exclusively at work)

#### **COMMUNICATION TOOLS**

The Cree Health Board has prepared **posters** to communicate important public health messages to the public; we invite you to use them in your facilities.

Hand washing: <a href="https://www.creehealth.org/library/online/covid-19-hand-washing-posters">https://www.creehealth.org/library/online/covid-19-hand-washing-posters</a>

Social distancing: <a href="https://www.creehealth.org/library/online/covid-19-social-distancing-posters">https://www.creehealth.org/library/online/covid-19-social-distancing-posters</a>

Protecting yourself: <a href="https://www.creehealth.org/library/online/covid-19-protect-yourself-posters">https://www.creehealth.org/library/online/covid-19-protect-yourself-posters</a>

For those of you who have not yet joined the Eeyou Istchee Healthy Food **Network** (Facebook Group), we encourage you to do so. We will try to provide you with up-to-date information and share good initiatives businesses and organizations are taking to prevent the spread of the virus.

Eeyou Istchee Healthy Food Network: https://www.facebook.com/groups/1952307778394891/

Thank you for the continuous services you are providing for your community; your services are essential!

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