

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 6, Issue 10 | October 2nd, 2020

CONFIRMED POSITIVE COVID-19 CASES October 2nd, 2020

North Shore: 152
Québec: 76 273
Canada: 160 535

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COVID-19



THE NORTH SHORE GOES FROM GREEN TO YELLOW

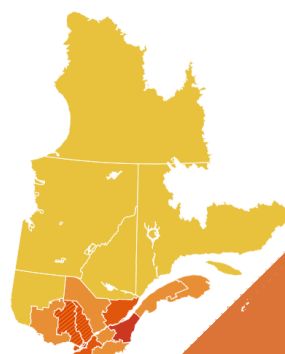
Starting on October 1st, the North Shore moves on from the green to the yellow alert level of the progressive regional alert and intervention system. [Level 2 – Early warning \(yellow\)](#) is required as soon as transmission of the virus starts to grow. The basic measures will be strengthened and further action taken to promote and encourage compliance. For example, there could be more inspections and greater crowd control in various venues to facilitate physical distancing. This change of alert level was based on the increased number of positive COVID-19 cases (23 new cases in the last month), the increased risk of community transmission and the vulnerability of the North Shore health system.

For more details, read the [press release](#) issued on September 29th, 2020.



CÔTE-NORD NIVEAU D'ALERTE JAUNE

RESPECT DES MESURES SANITAIRES IMPORTANT
REPORT DE TOUT DÉPLACEMENT NON ESSENTIEL DANS
LES ZONES **ORANGE** OU **ROUGE**
INSPECTIONS REHAUSSÉES DANS LES ENTREPRISES



Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec



ENTRAIDE 2020

entraide.gouv.qc.ca

The 2020 Entraide Campaign will run from October 19th to November 6th. The CISSS de la Côte-Nord takes part in this campaign, which helps provide financial support to United Way, the Canadian Red Cross, and HealthPartners-Québec. Every dollar raised contributes to the improvement, continuity and stability of services provided to vulnerable people in our region. **The contribution at source is a win-win situation for everyone!** For example, a \$2 deduction per pay period will allow volunteers from the Canadian Red Cross to support families whose home and memories just went up in flames.

There is something new this year: You can now donate online with the new **DONNA** online donation platform (https://dons.entraide.gouv.qc.ca/campagne_dentraide-1). It is user-friendly, safe, and does not require any handling! If you prefer using the paper form, contact your local architects (see below) to get the paper donation card during this transition period.

As of October 19th, if you have not received an email with your identification number to make a contribution at source via **DONNA**, contact Hélène Bérubé at 418 589-9845, ext. 252284, or Nancy Bilodeau at ext. 252264 to get your identification number.

Keep an eye out for local launches in your facilities!

A small gesture can lead to great things! Committed employees of the CISSS (and their teams) have volunteered to be the architects of the campaign. Feel free to reach out to them if you need support to donate online or if you have questions on the campaign in your respective facilities:

- Caroline Jean (Haute-Côte-Nord)
- Karine Bujold (Baie-Comeau, Hôpital Le Royer)
- Nancy Bilodeau (Baie-Comeau - Administrative Centre)
- Hélène Martel (Baie-Comeau and surrounding areas - CLSC)
- Marc Boulay (Baie-Comeau - 1250, Lestrat)
- Linda Boudreau (Port-Cartier)
- Jean-Christophe Beaulieu (Sept-Îles)
- Denis Tremblay (Minganie)
- Constance Monger and Ashley Babin-Duguay (Lower North Shore)
- Jasmine Collard (Fermont)

J'AI LE DON
DE SEMER
L'ESPOIR

2020 DYP REPORT



The year 2019-2020 brought an array of challenges for Québec's directors of Youth Protection (DYP). The year ended with the onset of the COVID-19 pandemic, requiring that DYPs and their teams quickly adapt their services and practices to ensure that they could continue to meet the needs of children, young people, and their families.

"Stronger Together!" is the title we have chosen for this 17th report, which highlights the importance of working in partnership and paying tribute to one's team.

For more details about regional statistics, read the [press release](#) issued concerning the 2020 report.

REMINDER - COVID-19 SUPPORT TEAM

All employees of the CISSS can contribute by being part of the support teams! To that end, we are launching the **United against COVID-19** movement, in collaboration with Tourisme Côte-Nord. By getting involved, you have the chance to win one of the North Shore discovery packages, for which the draw will take place on **December 7th, 2020**. You can volunteer to be part of a support team during an outbreak only (one entry to the draw), or on a regular basis for a three-month period (10 entries to the draw).

For more details, consult the Équipe de renfort COVID-19 section of the intranet. Good luck to all volunteers!



GETTING YOUR TEST RESULTS AFTER 5 DAYS

If you have been tested for COVID-19 in one of the facilities of the CISSS de la Côte-Nord or in one of the region's screening centres and are still waiting for your result, please complete the form available on our website.

A health professional will contact you as soon as possible. **Only those who have been waiting for a result for more than five days will be called back.**

ORIENTATIONS REGARDING TELEWORK

Since the start of the pandemic, several people have been working from home. Here are the latest guidelines based on the current context:

- ⇒ Maintain telework in its current form until November 30th, 2020;
- ⇒ Avoid any return into facilities before this date, subject to exceptions;
- ⇒ Finalize the collaborative work with unions in order to supervise telework in the current and future contexts, following best practices;
- ⇒ Continue analyzing the workplace capacity in facilities while considering distancing measures.



You must now use the new "telework" payroll codes (TELRE, TELX1, TEL11/2, TELX2) when completing your timesheet.

REMINDER - INEVITABLE IN-PERSON MEETINGS

In the current context, as we wish to limit the risks of spreading COVID-19 as much as possible, **we want to remind you of the importance of holding administrative meetings with staff members using the technological means available (TEAMS, Zoom, etc.).** Meeting organizers and participants must follow infection prevention and control measures (hand hygiene when entering and leaving the room, physical distancing, wearing a mask, etc.).

For more details, [click here](#).

EMPLOYEES SHOWING SYMPTOMS

1. If an employee shows symptoms consistent with COVID-19, they must immediately call the COVID-19 line for employees to have their symptoms evaluated.
2. When an employee misses work for symptoms associated with COVID-19, they must:
 - a. Absolutely be referred to the COVID-19 line for employees, even if they are at home or on vacation. The employee needs to call the COVID-19 line as quickly as possible, during opening hours;
 - b. Inform their manager or the clinical coordinator;
 - c. Stay isolated at home while they wait for instructions from the Health department. Only the Health department has the authorization to evaluate the situation, order isolation, allow compensation and allow the return to work.

POUR TOUS LES EMPLOYÉS ET EMPLOYÉES
SI VOUS PRÉSENTEZ L'UN OU PLUSIEURS DES SYMPTÔMES SUIVANTS

Fièvre Toux Difficultés respiratoires Fatigue importante

Maux de tête Perte de l'odorat ou du goût Vomissements ou diarrhée

VEUILLEZ CONTACTER LE SERVICE SANTÉ AU
1 833 755-0668 Québec

INTERREGIONAL CONVERGENCE OF RESOURCES

As the second wave of the pandemic approaches, and for the sake of planning the provision of care and services in the entire network in case of an outbreak, the ministère de la Santé et des Services sociaux is setting up a [human resources convergence plan](#), which provides for the deployment of brigades (group of employees of the CISSS de la Côte-Nord with various job titles) in establishments affected by COVID-19 where labour availability is a major issue.

In solidarity with our colleagues from other establishments, we are launching this appeal to all, *Solidarity in the face of COVID-19*. If you are interested in being part of a brigade and able to be deployed for a minimum of two weeks, please contact us as soon as possible, and do not forget to inform your immediate supervisor.

If you want to volunteer, alone or in a group, give your name as soon as possible to Stéphanie Tremblay (stephanie.tremblay.09cisss@ssss.gouv.qc.ca) or Sandra Grenier Cyr (sandra.grenier-cyr.09cisss@ssss.gouv.qc.ca).

28-DAY CHALLENGE: LET'S BREAK THE COVID-19 WAVE!

The 28-day Challenge consists in asking everyone in Québec to limit their contacts with other people to a minimum **during 28 days**. Still with the objective of stopping community transmission, we ask everyone to cancel activities that bring several people together in a single private place, such as dinners with friends or family, barbecues, marriages, or birthday parties.



GRANTS FOR THE HCA TRAINING

The CISSS de la Côte-Nord recently announced that the training session to get a Health Care Facility Patient Service Support Skills Training Certificate will be offered to employees of the establishment this fall. In addition to being 18 years old or over, in order to be eligible for this training session, you must:

- Have obtained your secondary 3 prerequisites (successful completion of language of instruction, second language and mathematics courses);
- OR
- Hold an Attestation of Equivalence of Studies (AES);
- OR
- Have passed the General Development Test (GDT) without specific prerequisites;
- OR
- Have experience related to this program of study.

The first cohort, from the Centre de formation professionnelle (CFP) de l'Estuaire, as well as the cohort in Sept-Îles, will start on October 19th, 2020. In order to start a cohort in Minganie and on the Lower North Shore, we need to know the number of people interested (send an email with your name and job position to Marjorie Forest: majorie.forest.09cisss@ssss.gouv.qc.ca).

[Click here](#) to read the press release (French only).



TRAINING ON FOOD WASTE

You are invited to take part in the **Food Fight** virtual conference, which will be held via Zoom on October 15th, from 12:00 p.m. to 1:00 p.m. The purpose of this conference, originally set to be held on Earth Day, is to feed the fight against food waste. On the menu: a one-hour discussion on issues surrounding food waste, as well as tips and tricks to apply at home, at work and in all your recipes!

To register, contact Marie-Christine Bouchard (418 589-9845, ext. 252386, or marie-christine.bouchard.09cisss@ssss.gouv.qc.ca).



BRAVO! Campaign

Send your projects or actions to 09.cisss.communications@ssss.gouv.qc.ca. You can send your pictures, your achievements, your thanks and your congratulations! Bravo, and thank you for your devotion and creativity!

The Regional Planetree Committee



You have comments or text suggestions for the INFO-CISSS?
Contact the Communications department (09.cisss.communications@ssss.gouv.qc.ca)

Next publication: October 15th, 2020

DOCUMENTATION FROM THE NETWORK

On continue de se protéger !



Toussez dans votre coude



Lavez vos mains



Gardez vos distances



Couvrez votre visage
(si moins de 2 mètres)



Limitez vos déplacements

Québec.ca/coronavirus

SELF-CARE GUIDE

- [COVID-19 self-Care Guide](#)
 - * [Self-Care Guide in the Québec Sign Language](#)

YOUTH PROTECTION

- [Together, let's protect our children](#)

MENTAL HEALTH, ADDICTIONS AND HOMELESSNESS

- [Stress, Anxiety and Depression Associated With the Coronavirus COVID-19 Disease](#)
- [My child is worried about the pandemic](#)
- [I am in bereavement for one or more people who lost their lives in the pandemic](#)
- [How children and teens experience bereavement](#)
- [Advice and preventive measures for drug users and the homeless](#)
- [Safer substance use in the context of the COVID-19 pandemic \(French only\)](#)
- [Tool kit on the identification of people at risk of psychosocial vulnerability \(French only\)](#)

PROTOCOLS AND INSTRUCTIONS (CONTINUOUSLY UPDATED)

- [Return from hospital: instructions \(French only\)](#)
- www.inspq.qc.ca/en
- [Emergency department triage tool \(French only\)](#)
- [Ministerial pre-hospital protocol \(French only\)](#)
- [Interim national case definition](#)
- [INFO COVID-19 IPC special #3](#)
- [IPC video clip #4 \(French only\)](#)
- [IPC champions \(French only\)](#)

COMMUNICATIONS IN THE INNU LANGUAGE AND INFORMATION FOR INDIGENOUS PEOPLE

- [Staying at home means saving lives!](#)
- [Staying at home - 5 measures](#)
- [Keep your distance](#)
- [Information for Indigenous communities](#)

FREQUENTLY ASKED QUESTIONS

- [Answers to questions about COVID-19](#)
- [Wearing a Face Covering in Public Settings](#)

INFORMATION PLATFORMS

Website of the Government of Québec

COVID-19 section for the public: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

Website of the MSSS

COVID-19 section for health and social service professionals (French only): <https://www.msss.gouv.qc.ca/professionnels/maladies-infectieuses/coronavirus-2019-ncov/>

Website of the CISSS de la Côte-Nord

For more information on COVID-19 in the region: <http://www.cisss-cotenord.gouv.qc.ca/en/public-health/covid-19/>

Intranet

To learn more about the various actions underway at the CISSS de la Côte-Nord, the current recommendations, and the implemented directives and instructions (French only): <http://ci:ssscotenord.intranet.reg09.rtss.qc.ca/directions/soins-infirmiers/prevention-et-control-e-des-infections-pci/coronavirus/>

Facebook

[Centre intégré de santé et de services sociaux de la Côte-Nord](#) (public page accessible to everyone)
[Personnel du CISSS de la Côte-Nord](#) (closed group intended for employees and physicians)

Programme d'aide aux
employés et à la famille
1 800 361-2433

