

INFO-CISSS

NEWSLETTER FOR EMPLOYEES OF THE CISSS DE LA CÔTE-NORD

Volume 6, Issue 13 | November 20th, 2020

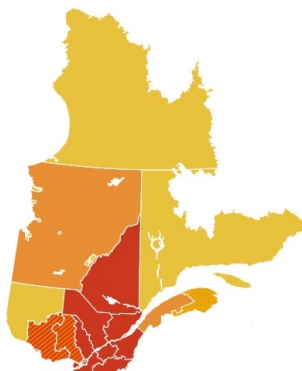
CONFIRMED POSITIVE COVID-19 CASES

November 20th, 2020

North Shore: 192

Québec: 129 699

Canada: 315 751



For more details on the measures to follow in each region, consult the [Map of COVID-19 alert levels](#).

| | | |
|----------|--|---|
| | A word from Dr. Aubin, Regional Public Health Director | 1 |
| | Update: Triage tool for users before an appointment | 2 |
| | Update: Eye protection adapted to your eyesight | 2 |
| COVID-19 | Wearing a procedure mask – Eating and drinking in common areas | 2 |
| | Distribution of workers for breaks and meals | 2 |
| | Reminder: Inevitable in-person meetings | 2 |
| | Internal job postings | 3 |
| | Activities of the 2020 entraide Campaign | 3 |
| | Aire Ouverte Manicouagan | 3 |
| | Inputs and challenges of a new reality: distancing | 4 |
| | Agir Tôt capsule | 4 |
| | Invitation to community meetings | 5 |
| | Our foundations | 5 |
| | BRAVO! Campaign | 5 |
| | Documentation from the network | 7 |
| | Information platforms | 7 |

A WORD FROM DR. AUBIN, REGIONAL PUBLIC HEALTH DIRECTOR



Dr. Donald Aubin, Public Health Director in Saguenay-Lac-Saint-Jean and Interim Public Health Director on the North Shore, explains how the virus spread so quickly in region 02, a region where there were very few cases, but which recently reached the red alert level.

[Click here](#) to download the video (French only).



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

Québec



UPDATE: TRIAGE TOOL FOR USERS BEFORE AN APPOINTMENT

The Triage tool for users before an appointment was updated: [click here](#).

*****It is VERY important to complete the questionnaire the day before the appointment or on the morning of the appointment.**

UPDATE: EYE PROTECTION ADAPTED TO YOUR EYESIGHT

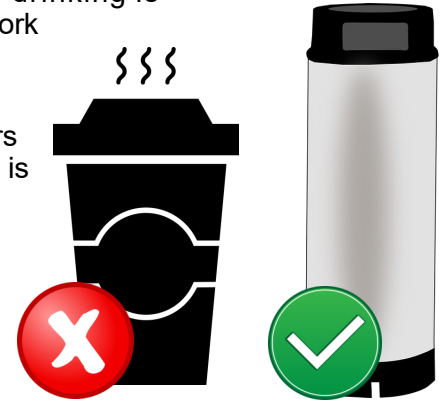
To read the updated memo, [click here](#).

WEARING A PROCEDURE MASK – EATING AND DRINKING IN COMMON AREAS

It is important to adequately wear a procedure mask that covers the nose and mouth at all times. Still today, too many interventions must be made because it is not properly worn. The procedure mask is mandatory, even during breaks and in common areas, even if the two-metre physical distancing rule is respected.

The only time where you can remove your procedure mask is when drinking and during meals. In other situations, it must be worn **by everyone, at all times**. However, in the activity sectors, only drinking is allowed. No eating is allowed in the various shared workstations and common work areas.

It is also important to remember that only drinking containers that can be disinfected are accepted. As such, paper coffee cups and other similar containers are prohibited (McDonald's, Tim Hortons, etc.). Additionally, even if sharing food is a good gesture of appreciation for your peers, sharing food is also prohibited (Timbits box, etc.). **To be kept in shared workstations, the containers must be made of plastic or metal, must be closed, and must be able to be easily disinfected.**



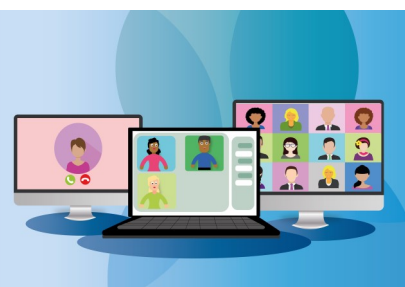
DISTRIBUTION OF WORKERS FOR BREAKS AND MEALS

The CISSS asks for everyone's collaboration in order to significantly reduce the amount of people in common areas during high-traffic periods, especially between 12:00 p.m. and 1:00 p.m., by rearranging workers into small groups and spreading the break periods over a longer period of time, from 11:00 a.m. to 2:00 p.m. for example, or following collective agreements, if applicable. It is not recommended for all employees to take their break or meal at the same time. It is very important that every effort be made to avoid gatherings in break rooms of the various activity centres. No soiled clothes, personal effects or expired meals must be left in common areas. As we shared in the past, only the required items must be brought into activity sectors in order to limit the risks of spreading the virus.

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.)**.

In the event that physical participation is inevitable, it is essential that [infection prevention and control rules and measures](#) be strictly and closely followed:



- ⇒ Choose a room that is big enough to keep two metres between participants.
- ⇒ Make sure that the participants show no symptoms of COVID-19.
- ⇒ Make sure that hand hygiene is performed when entering and leaving the meeting room.
- ⇒ Make sure that the host or trainer, and the participants, wear a procedure mask.
- ⇒ Disinfect the room after the meeting.

INTERNAL JOB POSTINGS

The last posting period for the current year will be from November 18th to December 2nd, at 4:00 p.m. Following the content of the collective agreements, if you apply for one or more internal job postings (through Logibec Web), you need to rank each application by order of priority. [Click here for more details.](#)

ACTIVITIES OF THE ENTRAIDE CAMPAIGN



Many fundraising activities were organized throughout the territory for the 2020 Entraide Campaign, including Loto-Vino draws. Note that the local committees held those activities while respecting the measures recommended by the Executive IPC Committee.

Left: Marie-Ève Lapierre, one of the winners, with France Albert, patron of the draw in Sept-Îles.



Right: Caroline Jean and Élyse Perron in Haute-Côte-Nord

AIRE OUVERTE MANICOUAGAN

The CISSS de la Côte-Nord continues its efforts to implement Aire Ouverte in Baie-Comeau in order to provide adapted services to young people between 12 and 25 years old in Manicouagan.

Therefore, the team is looking for young people who would like to get involved in the Youth Council. This is an opportunity for young people to directly take part in the decision making regarding the care and services provided, but also to:

- ⇒ Take part in the joint creation of Aire Ouverte and its service offer
- ⇒ Represent Aire ouverte in events organized in the community
- ⇒ Make recommendations on policies, procedures, advertisement, etc.
- ⇒ Take part in media activities

People or organizations interested in getting involved are invited to contact Ms. Valérie Essiambre at 418 817-9739 or by email at aire.ouverte.bc.09cisss@ssss.gouv.qc.ca.



INPUTS AND CHALLENGES OF A NEW REALITY: DISTANCING

In this **third capsule on clinical ethics**, the DSMQEPE wants to expose the changes that may arise in relationships with colleagues, as well as with users and their relatives, during the pandemic.

In the various comments collected across the province, professionals highlighted a sudden cohesion in their respective work teams in this difficult time. The reduction of hierarchy was also mentioned, both between members of the clinical staff and toward support staff. Within our establishment, several employees showed solidarity and moved to other sectors, with the users at the center of their concerns.

In the comments collected in different establishments in Québec, we also note that the relationships with users and their relatives changed and now seem more friendly. Maybe this pandemic context leads us to be more sensitive to others and take time to focus more on the user.

Let us help each other, the burden of our problems will be lighter.

Jean-Pierre Florian

AGIR TÔT CAPSULE

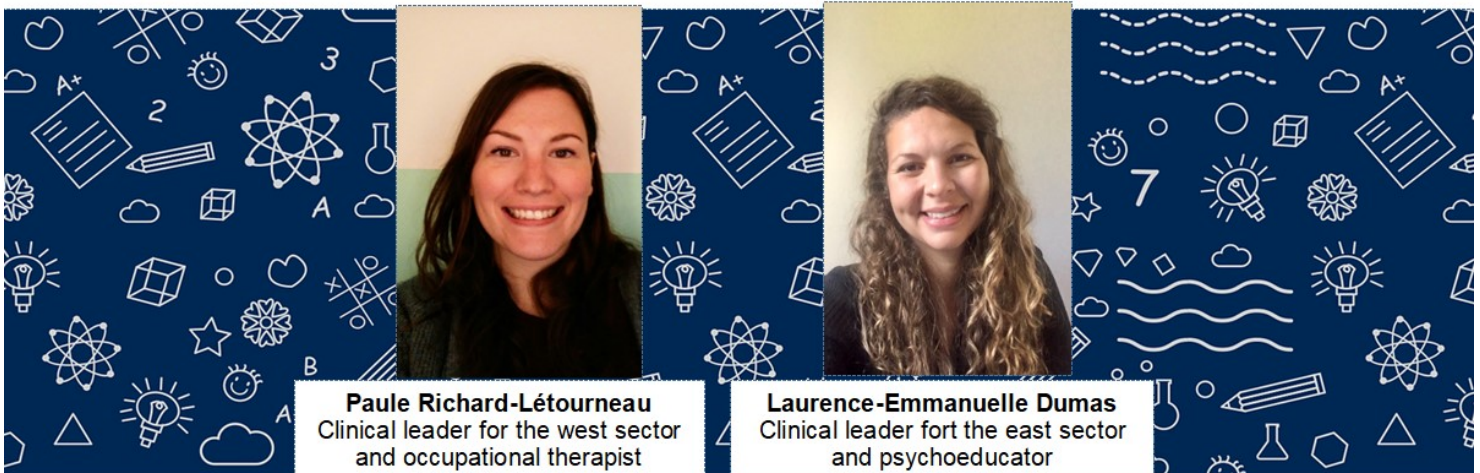
The ministère de la Santé et des Services sociaux is in the process of creating a newsletter related to the evolution of the Agir Tôt program. You can register to receive it [here](#) (French only).

Awareness meeting

Another awareness meeting about the Agir Tôt program will be offered to managers, clinical coordinators and professionals from youth, ID-ASD-PD and public health teams who work with 0-5-years-old users. Physicians will also be able to attend the meeting if they wish to.

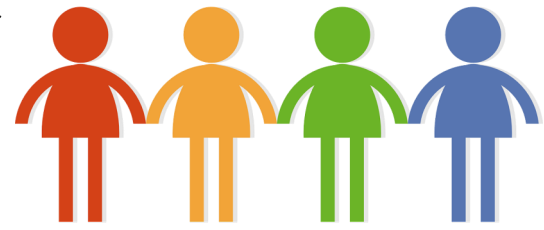
For those who could not attend the meetings held earlier, please note that the next meeting is scheduled on December 1st, from 1:30 p.m. to 3:30 p.m. A new invitation was sent by email to the people concerned. You can confirm your presence or inform us about your interest in taking part in a future meeting by sending an email to Ms. Manon Hudon at: manon.hudon.09cisss@ssss.gouv.qc.ca.

Clinical leaders of the Agir tôt program



INVITATION TO COMMUNITY MEETINGS

The community meetings are back! These meetings are an opportunity for professionals to learn about the services offered in the community. In order to adapt the meetings to the current pandemic context, they will be held via Zoom. They will take place every month, from 11:30 a.m. to 12:00 p.m., on the following dates: December 9th, 2020, January 12th, 2021, January 26th, 2021, February 9th, 2021, March 9th, 2021, April 13th, 2021, May 11th, 2021, and June 8th, 2021.



[Link to join the meeting](#). ID: 424 690 8077 Code: n5btX7

OUR FOUNDATIONS



Hurry up, tickets are selling fast!

Within a single month, the Fondation de la santé et des services sociaux de Manicouagan has sold over 200 tickets... and it continues until December 9th!

If you do not already have your ticket, hurry up!
1st draw: December 10th... Just in time for Christmas!

All winners will be able to go on their dream trip, once the evolution of the pandemic context allows us to travel safely in Canada or abroad! You can buy your tickets from your facility's [ambassador \(dream seller\)](#) or by completing the [secure online form](#) (French only).

[Click here](#) (French only) for more details on Loto-Évasion, or contact the foundation's office at 418 589-3701, ext. 302292 or by email at: fondation.sssm@ssss.gouv.qc.ca. You can also follow the Loto-Évasion ticket sale and draws on Facebook.

BRAVO! Campaign

Send your projects or actions to 09.ciiss.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



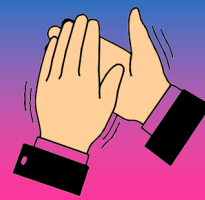
Thank you to the staff of 1250, Lestrat in Baie-Comeau!

The vehicle adjustment clinic and the positioning clinic both took place recently at the rehabilitation centre in Baie-Comeau. They went very well, without any parking problem for users. Parking spaces are very limited in this area, and the collaboration of employees was greatly appreciated. These are small gestures that show that we care about users and that we can be kind, even during these unsettling times. Thank you very much for making these families' lives easier with your collaboration!

Pascale Simard,
Occupational therapist



BRAVO! Campaign



A nurse appreciated by her colleagues

Thank you Annie Vigneault!

Port-Cartier is lucky to have its nurse dedicated to the COVID-19 evaluation and testing clinic. Thank you Annie for your smile, your attention and your welcome. You take the time to carefully answer users' questions and concerns. Your presence makes a great difference.

Brigitte Litalien,

Territory coordinator - Port-Cartier



Bravo everyone for your contribution to our organization!

"Shout out to a close-knit team of professionals who have been working together for so many years: Liliane Émond, Annie Thiffault, André Jourdain, and Katarinas Poitras. The members of this team from Forestville stand out by the devotion, versatility and creativity they put forward to meet the users' needs. Their participation, commitment and close work with partners are much appreciated and prove that they are exemplary colleagues."

"I also want to highlight the work of a distinguished colleague, Caroline Jean. She is an inspiring, considerate, welcoming and authentic woman. Bravo for your social skills, your know-how and your communication skills, which contribute to a positive and constructive atmosphere at the CISSS de la Côte-Nord. I also want to say bravo to Katia Bergeron for her joy of living, positive energy, open mind and availability, which are all refreshing in a health care establishment. Finally, I want to congratulate Mr. Jean-Pierre Drouin for his attention to detail, joy of living, social skills and timely sense of humour. Keep going and bravo to you!"

Marie-Ève Gauthier, social worker

and member of the Planetree Committee for the Promotion of the Organizational Culture



Thank you for your involvement Jean-Christophe!

Jean-Christophe Beaulieu, information officer in Sept-Îles, accepted to replace Dale Walker as local director for the 2020 Entraide Campaign and he took on the challenge brilliantly and energetically! Taking over from Mr. Walker was a huge mandate. Organizations in the region owe him a debt of gratitude.

Thank you Jean-Christophe!

Nancy Bilodeau,

Corporate affairs advisor



Simulation in Port-Cartier: Bravo to Marie-Hélène St-Pierre and her team!

A simulation of a positive COVID-19 case took place in Port-Cartier in early November. The radiology sector was involved, and many positive findings were made. The team performed very well in terms of the IPC measures to follow. Marie-Hélène St-Pierre, Head of medical imaging, nuclear medicine and medical electrophysiology, handed the simulation evaluation grid, which the professionals greatly appreciated. This is a manager who deeply cares about the application of IPC measures and who ensures that the message reaches her team. Bravo to Marie-Hélène and the team in Port-Cartier!

David Gravel,
Director of nursing

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)

- www.inspq.gc.ca/en
- [Emergency department triage tool \(French only\)](#)
- [Ministerial pre-hospital protocol \(French only\)](#)
- [Interim national case definition](#)
- [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/>



You have comments or text suggestions for the INFO-CISSS?
Contact the Communications department (09.ci:sss.communications@ssss.gouv.qc.ca)
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Centre intégré de santé et de services sociaux de la Côte-Nord



ci:sss_cotenord

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

