

## REOPENING OF THE REGION: REMINDER OF INSTRUCTIONS

**Baie-Comeau, June 8<sup>th</sup>, 2020** – The Direction de santé publique of the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord would like to remind the population that it is essential to maintain public health instructions and to keep following them, especially as the region starts to reopen. It is still recommended that travels between regions be avoided, except if necessary.

“We are going through a crucial period. This turning point proves the success of our efforts against the spread of the virus. Even though there are no more road control access points and economic activities are reopening, we must not underestimate the pandemic. We must continue to do everything we can to ensure COVID-19 does not enter our communities. The key is to wash our hands, respect the two-metre distancing, and wear a face covering when physical distancing is not possible”, says Dyane Benoît, Acting Assistant Executive Director and responsible for remote territories.

### Public health measures to be taken

Remember that, despite the road access control points being lifted in our region, people from outside the region and North Shore residents travelling to other regions and coming back must follow these instructions:

- **Plan for food and supplies** to avoid having to go out during your first 14 days on the North Shore. Several delivery services are available in our region.
- **Respect the two-metre distance between people** at all times in public places and during outdoor gatherings. Be sure to wear a mask or a face covering when physical distancing is difficult or impossible.
- **Avoid indoor gatherings:** Only outdoor gatherings with no more than 10 people are authorized, and it is strongly recommended that these people come from a maximum of three households (same street address).
- **Wash your hands, or use hand sanitizer** when you do not have access to soap and running water.
- **Monitor your symptoms.** If you have symptoms related to COVID-19 (fever, cough and breathing difficulties), you must stay at home or in the place where you are staying.

**For more information on COVID-19 or to be tested, call 1 877 644-4545.**

“The road blocks have protected our region slightly longer, but we must not use this as an excuse to close ourselves to others. It is important to be welcoming and inclusive. Since the very start, we have been encouraging everyone to follow the instructions: wash your hands, stay two metre away from others and wear a face covering if it is not possible. We must also monitor our health condition and exercise judgment to protect others. We are going through a completely new and exceptional situation in which the adjective **collective** takes on its full meaning”, adds Ms. Benoît.

You can also read the [quick reference sheet on instructions and recommendations](#) and the [frequently asked questions](#) on the reopening of the region.

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For general information on COVID-19, visit <http://www.cisss-cotenord.gouv.qc.ca/en/public-health/covid-19/public-information/> or <https://www.quebec.ca/en/coronavirus>.

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