

COVID-19: THE CISSS DE LA CÔTE-NORD TAKES VARIOUS MEASURES, INCLUDING STOPPING VISITS IN ITS FACILITIES

Baie-Comeau, March 14th, 2020 – Following the recommendations issued by the government of Québec today, the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord announces the immediate end to visits in its facilities until further notice.

The goal of this measure is to limit the spread of COVID-19 and protect vulnerable groups. However, humanitarian exceptions could be authorized for end-of-life care, perinatal care or pediatrics, for example. It is also recommended that people aged 70 and over stay at home and only go out when necessary.

During these last few days, series of measures were implemented by the government of Québec and the health and social services network in order to limit the spread of COVID-19. The CISSS de la Côte-Nord has been working diligently for weeks now, and does everything it can to quickly identify all potential COVID-19 cases, and take action if necessary, to limit the spread of this disease in the population. Among other things, procedures were implemented regarding the triage in the emergency room, precautions to be taken to protect healthcare workers and how to take cases in charge. Let us mention that, to this date, no case was confirmed on the North Shore.

Other measures implemented by the government of Québec

- Self-isolation for 14 days of anyone who returned from a trip outside the country on March 12th, 2020 or after;
- Self-isolation for 14 days of all public service employees and all workers in health, education and private or public daycare facilities who returned from a trip outside the country on March 12th, 2020 or after;
- Cancellation of all interior public gatherings of over 250 persons;
- Call to avoid any unnecessary interior public gathering;
- Closing of all daycare (childcare centre, subsidized or not, home childcare services and non-regulated home childcare services) and all school institutions (primary and secondary schools, training centres, private schools, CEGEPs, colleges and universities) from Monday, March 16th, 2020 to Friday, March 27th, 2020.

Other measures could be announced in the following days.

About COVID-19

The main symptoms of COVID-19 are fever, cough and in some cases, difficulty breathing. Those who are most at risk of complications and immunodepressed individuals, those suffering from chronic illnesses and elderly people.

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In general, coronaviruses do not survive for a long time on objects. Like the influenza virus, the COVID-19 virus is most often transmitted by:

- close contact with an infected person when they sneeze or cough;
- hand touching infected surfaces, then touching the mouth, nose or eyes.

In order to limit the spread of the virus, everyone must follow prevention measures:

- Wash your hands frequently with soap and water, or with an alcohol-based hand sanitizer;
- Cough and sneeze in your sleeve, or in a paper tissue that you then throw away;
- Avoid touching your eyes, nose or mouth.

If you feel concerned or anxious about the coronavirus, call the toll-free number **1 877 644-4545**, or visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>.

The CISSS de la Côte-Nord wants to thank the population for its collaboration.

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