

OPENING OF COVID-19 DESIGNATED CLINICS ON THE NORTH SHORE

Baie-Comeau, March 20th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord informs the population that COVID-19 designated clinics are opened in Blanc-Sablon, Havre-Saint-Pierre, Fermont, Port-Cartier, Forestville and Les Escoumins.

Tests will be carried out in ambulance garages attached to facilities of the CISSS de la Côte-Nord in these villages (except in Fermont), thus limiting the risks of transmitting infections. Individuals will get tested without having to leave their vehicle. Note that these garages will still be available for ambulances if necessary. In Fermont, the concept is slightly different, as individuals will get into the new delivery garage by foot to get tested.

Individuals must call **1 877 644-4545** beforehand, to know if they should get tested. If so, they will get an appointment with the nearest clinic. These clinics are opened based on the volume of activity.

Instructions to follow at the testing centre

- Only go to the designated testing facility if you have an appointment.
- You cannot visit the clinic without an appointment (do not come with anyone not having an appointment).
- You must be in a vehicle.
- When you arrive at the designated clinic, stay in your vehicle and follow the instructions of the health care staff.
- The team of the CISSS de la Côte-Nord will direct you from the moment you arrive, until your departure. Please follow safety instructions.

Should you get tested?

The main symptoms of COVID-19 are cough, fever, and sometimes breathing difficulties. Symptoms may be mild (similar to a cold) or more serious (like pneumonia, pulmonary insufficiency or renal failure). It is not recommended to get tested systematically when you have respiratory tract infection symptoms: if you have COVID-19 symptoms, first call 1 877 644-4545. Please do not go to the emergency department for minor symptoms or fever not exceeding the threshold requiring consultation.

Reminder of important instructions

- Avoid travelling, even from one region to another, except in cases of necessity.
- Put yourself in self-isolation for 14 days if you return from abroad, and monitor the appearance of symptoms.
- Avoid gatherings.
- People 70 years of age and older are asked to stay home, except in cases of necessity (important medical appointment, for example).

Simple measures must also be applied to limit the spread of the virus:

- Wash your hands frequently with soap and water, or with an alcohol-based hand rub.
- Cough or sneeze into your sleeve.
- Avoid direct contacts.

Reorganization of services

Modifications are made to certain services provided in facilities of the CISSS de la Côte-Nord:

- Prohibited visits in all facilities.
- Cancellation of non-urgent surgeries.
- Prioritization of urgent samplings and medical imaging tests.
- Reorganization of care and services according to the current pandemic situation: non-urgent appointments are postponed and certain consultations are made via tele-consultation.

About COVID-19

If you are worried about COVID-19 or if you have symptoms, you can call **1 877 644-4545**, toll-free. For more information: <https://www.quebec.ca/en/coronavirus>. You can also get more information specific to the region on the website of the CISSS de la Côte-Nord: <http://www.cisss-cotenord.gouv.qc.ca/en/public-health/covid-19/>.

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