

## MEASURES TO FOLLOW REGARDING THE CORONAVIRUS (COVID-19)

**Blanc-Sablon, March 20<sup>th</sup>, 2020** – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wishes to inform the Lower North Shore population of certain measures to limit the spread of the coronavirus (COVID-19). To this day, there are no confirmed case in the region.

The Lower North Shore residents are invited to call before going to a CLSC (clinic). This directive applies to all services: blood samples, appointments, emergencies, collecting medication from the community pharmacy, etc. Additionally, visits are prohibited in all of the CISSS de la Côte-Nord facilities, but humanitarian exceptions could be authorized for end-of-life care, perinatalty or pediatrics, for example. It is also recommended that people aged 70 and over stay at home and only go out when necessary.

### Other measures implemented by the government of Québec

- Self-isolation for 14 days for anyone who returned from a trip outside the country on March 12<sup>th</sup>, 2020 or after;
- Avoid all unnecessary interior public gatherings;
- Avoid unnecessary travel between regions;
- Closing of all schools and all childcare services.

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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