

OPENING OF COVID-19 DESIGNATED CLINICS ON THE LOWER NORTH SHORE

Blanc-Sablon, March 26th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wishes to inform the population that COVID-19 designated clinics are now open in the Lower North Shore facilities in Blanc-Sablon, Kegaska, La Romaine, Chevery, Harrington Harbour, Tête-à-la-Baleine, La Tabatière, St. Augustine and St. Paul's River.

In CLSCs, the screening for COVID-19 is done in designated spaces connected to the facilities, which will limit the risks of spreading the infections. In Blanc-Sablon, the tests are carried out in ambulance garages.

All tests (samples) are done on appointment. For more information, call 1 877 644-4545 or fill out the online form (covid19.quebec.ca/evaluation/) to know if testing is recommended. If it is, an appointment will be made with the clinic closest to your home. These clinics are open according to the number of visits. If you have language-related difficulties when you call, contact your CLSC to ask for assistance with the communication.

Instructions to follow at the testing centre

- You must go to the designated facility for testing only if you have an appointment.
- You cannot visit without an appointment (do not come with someone who does not have an appointment).
- When you arrive at the designated clinic, follow the instruction 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 the 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 that persons get tested systematically when showing signs of respiratory tract infection. If a person shows COVID-19 symptoms, they must first call 1 877 644-4545.

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).

Measures to limit the spread of viruses

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

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Source: Pascal Paradis
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