

RESTRICTED ACCESS TO THE NORTH SHORE UNTIL APRIL 13TH

Baie-Comeau, March 28th, 2020 – During today's national press briefing, the Deputy Premier of Québec announced that the access to certain regions, including Eastern Québec and Nord-du-Québec, will be restricted. The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord would like to inform the population that only permanent residents of the North Shore and workers of essential sectors will be allowed to enter the region. The purpose of this measure, which is effective as of today, 4:00 p.m., is to restrict non-essential visits in our region in order to limit the spread of COVID-19 within our population.

Increased monitoring of people arriving at the borders of the North Shore will be ensured. "This is a matter of public health. We have reached that point to slow the spread of this extremely contagious virus", declares Dr. Donald Aubin, Acting Public Health Director at the CISSS de la Côte-Nord.

Residents of the North Shore working in the targeted sectors (example: Hydro-Québec) who have to travel between regions of Québec will have to self-isolate at home outside their working hours. As for health care workers from outside the North Shore, the guidelines of the Québec Nosocomial Infections Committee apply. Workers from other regions with symptoms of COVID-19 will not be allowed to enter the North Shore territory.

The CISSS de la Côte-Nord will contact its various partners to answer their questions.

Measures to follow

- If you have symptoms such as fever or cough, self-isolate at home.
- If you are returning from abroad, you must self-isolate at home for 14 days, even if you show no symptoms.
- Follow the recommendation, do not visit your relatives aged 70 and older. Alternatives are available to you to have telephone or visual contacts with them.
- Hygiene measures, such as washing your hands for 20 seconds and coughing into your sleeve, remain the best way to protect yourself and people around you against infections.

If anyone in the population has concerns regarding COVID-19, or shows symptoms like a cough or fever, they can call this toll-free number: 1 877 644-4545. To get tested, you must contact the aforementioned info-line or fill out the online form (covid19.quebec.ca/evaluation/) to know if you are eligible to get an appointment.

The CISSS de la Côte-Nord would like to thank the population for its participation and wants to remind everyone of the importance of respecting the isolation and social distancing measures recommended by the Government of Québec.

About COVID-19

If you are concerned about COVID-19, or if you show symptoms such as a cough, fever or breathing difficulties, you can call this toll-free number: **1 877 644-4545**. For more information: <https://www.quebec.ca/coronavirus>. You can also find regional information on the website of the CISSS de la Côte-Nord: <http://www.ciass-cotenord.gouv.qc.ca/sante-publique/covid-19/>.

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