

LIMITED ACCESS TO THE REGION: A HEALTH PROTECTION AND AWARENESS MEASURE ADDED TO THE WEST OF KEGASKA

Blanc-Sablon, April 2nd, 2020 – After discussions, the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord, the Côte-Nord du Golfe-du-Saint-Laurent municipality and the local municipal committee of Kegaska, the Sûreté du Québec and the ministère des Transports du Québec want to announce the implementation of a health protection and awareness measure to the west of Kegaska on the Lower North Shore.

Until April 13th, 2020, the region is accessible only to permanent residents of the North Shore, and to workers in essential fields. Access control points are located in Tadoussac, Sacré-Coeur, at the Baie-Comeau and Sept-Îles airports, to the east of Moisie, in Blanc-Sablon at the border with Labrador and at the Baie-Comeau, Godbout and Blanc-Sablon ferries.

The goal of the health protection and awareness measure to the west of Kegaska is to limit people coming and going between municipalities. People who wish to go through will receive information, will be questioned, and will be invited to go back home if their travel is not related to an essential service.

The CISSS de la Côte-Nord wants to thank the committees and representatives of the Lower North Shore who worked together to come up with and implement this initiative, a great effort made to protect the health of the population.

Measures to follow

- If you have a cough or fever, self-isolate at home.
- If you are coming back from abroad, you have the obligation to quarantine for 14 days at home, even if you do not have any symptoms.
- Follow the directive to not visit your relatives who are 70 years of age or older. Alternatives will be suggested, like visual contacts or phone calls.
- Hygiene measures, such as washing your hands for 20 seconds and coughing in your sleeve, are the most effective ways to protect yourself and others against infections.

If anyone in the population has concerns regarding COVID-19, or shows symptoms like a cough or a fever, they can call this toll-free number: 1 877 644-4545.

The CISSS de la Côte-Nord thanks 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.cisss-cotenord.gouv.qc.ca/en/public-health/covid-19/>.

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Source: Myriam Gagné
Assistant to the President and executive director and acting media relations officer
Centre intégré de santé et de services sociaux de la Côte-Nord
418 589-9845, ext. 252268