

OPENING OF DESIGNATED EVALUATION CLINICS ON THE NORTH SHORE

Baie-Comeau, April 9th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord announces the opening of designated evaluation clinics (DEC). Their mandate is to carry out the medical evaluation of anyone with flu-like, gastroenteritis or COVID-19 symptoms who wants a first-line medical consultation. Users with COVID-19 are also referred to these clinics for any non-urgent health care need.

Anyone with these symptoms must call 1 877 644-4545. A nurse will carry out a clinical evaluation on the phone to direct the user towards the appropriate resource. When required, users will get an appointment in one of the evaluation clinics put in place in facilities of the territory, based on their place of residence.

Schedule of evaluation clinics (opening hours may increase, depending on demand)

Centre multiservices des Escoumins:	4:00 p.m. to 6:00 p.m., 7 days a week
Centre multiservices de Forestville:	2:00 p.m. to 4:00 p.m., 7 days a week
Hôpital Le Royer:	8:00 a.m. to 12:00 p.m. and 1:00 p.m. to 4:00 p.m., Monday to Friday
Centre multiservices de Port-Cartier:	1:00 p.m. to 4:30 p.m., Monday to Thursday
Hôpital de Sept-Îles:	8:30 a.m. to 4:30 p.m., 7 days a week
Centre multiservices de la Minganie:	1:00 p.m. to 5:00 p.m., 7 days a week
Centre multiservices de la Basse-Côte-Nord:	9:00 a.m. to 5:00 p.m., Monday to Friday
Centre multiservices de Fermont:	2:00 p.m. to 4:00 p.m., Monday to Friday

All DEC's on the North Shore are now open. Remember that they are accessible by appointment only, which you can get by calling 1 877 644-4545, toll-free. You can also call this number if you have any concerns about COVID-19.

Easter and prohibited gatherings

With Easter approaching, the CISSS de la Côte-Nord would like to remind the population of the importance of following the measures in place to continue our hard work to limit the spread of COVID-19. Even though this time of year is traditionally an opportunity to celebrate with friends and family, the population must keep following public health directives. The safest way to keep in touch with your relatives during this extraordinary time remains the phone or other technological means available.

It is especially important to avoid:

- Any gathering of people not living in the same home;
- Travelling between two regions or two cities, except if necessary.

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Remember that you must stay two metres away from other people at all times and avoid direct contact for greetings, such as handshakes and hugs. If you have fever or cough, self-isolate at home. Hygiene measures, such as washing your hands for 20 seconds and coughing into your sleeve, remain the best ways to protect yourself and people around you against infections.

The CISSS de la Côte-Nord wants to thank the population for its engagement and emphasize the importance of isolation, prohibited gatherings and social distancing measures recommended by the Government of Québec.

About COVID-19

If you are worried about COVID-19 or if you show symptoms such as fever, cough or breathing difficulties, 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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