

DEMOBILIZATION OF CANADIAN RANGERS ON THE LOWER NORTH SHORE

Blanc-Sablon, June 11th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord, along with the federal, provincial and local authorities, announces the demobilization of the Canadian Rangers on June 12th. They have been offering support on the Lower North Shore since April 2020, and contributed to the implementation of measures that allowed us to prevent the spread of COVID-19 in this isolated territory.

These members of the Canadian Armed Forces offered assistance to health care services, provided some necessary equipment and were responsible for the logistics related to the establishment of COVID-19 testing and investigation zones in the designated areas. They also engaged in awareness activities with the population.

Preventive measures

Remember to stay two metres away from other people at all times, and to avoid direct contact, such as handshakes and hugs, when greeting someone. If you have a cough or a fever, stay isolated at home and call 1 877 644-4545 to be evaluated and to have access to testing, if necessary. Hygiene measures, such as coughing into your sleeve and washing your hands for 20 seconds, are the best ways to protect yourself and your relatives against infections. Wearing a face covering is recommended when going out to public places.

The CISSS de la Côte-Nord wants to thank the population for its engagement and emphasize the importance of following the isolation measures, the instructions regarding gatherings and the physical distancing 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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