

VISITS IN HOSPITALS RESUMING UNDER CERTAIN CONDITIONS

Baie-Comeau, June 26th, 2020 – The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord announces that visits in hospitals in the region are now authorized, under certain conditions.

Among these conditions, **only one visitor at a time (including escorts and caregivers) is allowed, and a maximum of four visitors per 24-hour period.** Additionally, the facility's regular hours of visit must be respected. These directives may be adjusted for humanitarian reasons: if the patient is nearing end of life, or in case of an emergency, for example. Restrictions could also be added if there is a high traffic, or if there is an outbreak.

To visit a relative, visitors must use the entrance usually dedicated to the emergency department. **To be allowed, you must already know the room number of the hospitalized user.** Visitors are asked to leave the hospital by the same door and inform the person in charge at the entrance that they are leaving, in order to allow other visitors in.

Visitors (including volunteers, escorts and caregivers) **will not be allowed** to enter the facility if:

- There is an outbreak in the environment;
- They were diagnosed with COVID-19 in the last 28 days;
- They have been in close contact with a person who has COVID-19;
- They are waiting for the result of a COVID-19 test;
- They are in isolation;
- They have one of the following symptoms:
 - Body temperature over 38 °C or shivers;
 - Recent cough or exacerbated chronic cough;
 - Breathing difficulties;
 - Loss of smell without nasal congestion, with or without loss of taste;
 - Global muscle pain (not related to physical effort);
 - Severe fatigue;
 - Important loss of appetite;
 - Sore throat;
 - Diarrhea or vomiting.

Visitors who wish to have a screening test can request it.

Instructions to follow

Due to the COVID-19 pandemic, measures are put in place to ensure the safety of users, visitors and employees. Visitors (including volunteers, escorts and caregivers) must:

- Perform hand hygiene when entering and leaving the facility, and when entering and leaving the user's room;
- Go directly to the room of the person they are visiting;
- Stay two metres away from employees and users (including users they are visiting);
- Limit the transfer of objects from one place to another (clothes, handbag, lunch bag, documents, etc.);
- Visit with clean clothes, change clothes when they return home and wash these clothes (regular wash).

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It is also strongly recommended that they wear a mask or face covering as soon as they enter the facility, and that they keep it on for the whole visit.

The establishment may refuse access if the visitors do not respect these measures.

Palliative and end-of-life care

For humanitarian reasons, visits are allowed for people in palliative and end-of-life care: one or two visitors at a time, and a maximum of four visitors per 24-hour period, prioritizing important people identified by the user. Visits of children under 14 years old are also allowed, as long as they are accompanied by an adult.

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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