

COVID-19: WE MUST KEEP ON PROTECTING OURSELVES AND OTHERS

Baie-Comeau, July 15th, 2020 – The summer period and the good weather are here! Following the last few months during which Québec was confined, being able to enjoy good times with our loved ones feels great. However, the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to warn the population, because the virus causing COVID-19 is still there and it is still circulating in our region. We must not let our guard down, we have to continue our efforts and keep on smiling. We can have fun in a responsible way!

Precautionary measures: continuing our efforts!

- Wash your hands frequently with soap and warm water for 20 seconds, or use an alcohol-based solution.
- Stay two metres away from others.
- Wear a mask or a face covering in public places (mandatory from July 18th) and on public transit (since July 13th).
- If you are sick, avoid contacts with vulnerable people, gatherings and outings in public places.

Indoor and outdoor gatherings

Indoor and outdoor gatherings are authorized if a two-metre distance can be kept between people from different households. Private indoors gatherings must be limited to no more than 10 people from three different households.

Public gatherings must be limited to 50 people. Festivals and major events, regular vacation camps with stays, and fight sports are still prohibited. This includes all festive events of one day or more related to arts, entertainment and leisure. Drive-in activities are allowed, as long as people stay in their vehicle.

Mandatory use of the mask

Wearing a mask is mandatory on public transit since July 13th, and it will also be mandatory in enclosed public places (grocery stores, movie theatres, restaurants, etc.) from July 18th, 2020. Only people with particular medical conditions do not have to wear a mask or face covering in public places. Anyone entering facilities of the CISSS de la Côte-Nord must wear a mask or face covering.

Screening

COVID-19 testing is prescribed to groups or people based on a priority grid. It is also offered to other people based on the regional epidemiological situation, for example, to asymptomatic users of the CISSS de la Côte-Nord who need a surgical procedure or who are admitted to nursing units in hospitals. These people will have the opportunity to be tested on a voluntary basis. This strategy aims to increase the access to COVID-19 diagnoses and to avoid outbreaks in the community and in facilities of the CISSS.

Remember that anyone who has symptoms related to COVID-19 must call **1 877 644-4545**, toll-free. A worker will evaluate your condition to determine if you need an appointment in a designated testing clinic or a designated evaluation clinic.

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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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