

COVID-19 THE NORTH SHORE ENTERS THE YELLOW ALERT LEVEL

Baie-Comeau, September 29th, 2020 – Yesterday, the government announced that the North Shore health region was moving on from the green to the yellow alert level of the progressive regional alert and intervention system. The Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to take some time to explain to the population what this means, and what measures will be put in place, as a result, in order to slow down the transmission of the virus.

Let us first remember that level 2 – *Early warning* (yellow) is required as soon as transmission of the virus starts to grow. The basic measures will be strengthened and further action taken to promote and encourage compliance. For example, there could be more inspections and greater crowd control in various venues to facilitate physical distancing.

The alert levels will be established on the basis of recommendations by public health authorities, who regularly review the situation, taking account of the epidemiological situation, the transmission control and the health care system capacity. For the North Shore, the decision was based on the increase in the number of positive cases in the last month. We also noticed a relaxing of behaviours, during private gatherings, for example, where the two-metre distance is not always respected.

For the population and businesses in the region, entering the yellow alert level means that the following measures are now in place: promoting the respect of health measures, such as physical distancing, washing hands and wearing a face covering, delaying all non-essential travels to red and orange alert level regions, and increasing audits and inspections, in collaboration with our partners (Commission des normes, de l'équité, de la santé et de la sécurité du travail (CNESST), municipalities, Sureté du Québec).

"We must continue our efforts. Some measures may be considered restrictive or useless by some people, but the virus is here nonetheless, going through our region, and we must protect ourselves. It would be very unfortunate to have to go from a yellow alert level to a superior alert level. We can only beat this virus together, so I invite you to take part in the "28-day challenge" that encourages you to limit your gatherings and activities for one month", reminds the President and executive director of the CISSS de la Côte-Nord, Claude Lévesque.

For more information: [Progressive regional alert and intervention system](#)

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/>.

- 30 -

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