

## THE NORTH SHORE REGION GOES BACK TO AN ORANGE ZONE

**Baie-Comeau, February 3<sup>rd</sup>, 2021** – Following the announce that the North Shore will go back to alert level 3 (orange zone), the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to specify which current measures will be adjusted starting on February 8<sup>th</sup>, 2021.

In the past few weeks, a significant decrease in the number of COVID-19 cases was observed in the region, reflecting the effectiveness of the health measures in place and, more importantly, the efforts of the entire population. However, the situation remains delicate, which is why we need to keep protecting vulnerable people and the health and social services network.

The adjustments made for an orange zone include:

- Curfew between 9:30 p.m. and 5:00 a.m.
- Reopening of all non-priority businesses, including personal and beauty care services
- Reopening of museums and libraries
- Reopening of restaurants (maximum of two adults per table, who may be accompanied by their children under the age of 18)
- Permission to have up to 25 people in places of worship
- Resumption of sports and recreational activities, while observing two-metre distancing:
  - Outdoor activities permitted with up to 8 people (including for lessons)
  - Indoor activities permitted for one or two people, or a family group (including for lessons)
  - Reopening of gyms and fitness centres (group activities forbidden)
- Reopening of cinemas and theatres on February 26<sup>th</sup> (with a procedure mask)

**Note that gatherings in private homes and private yards remain prohibited, and teleworking remains mandatory.**

The **respect of health instructions** remains essential.

“The requests of elected officials and business owners of the North Shore have been heard by the government, and we are very pleased. The confinement is hard for the population, so it is important that people can resume certain activities and social interactions to break isolation and stay physically and mentally healthy,” points out Mr. Claude Lévesque, Interim President and executive director.

“These adjusted measures are the result of the efforts made by the residents of the North Shore. If we want to keep these adjustments, we need to follow public health measures everywhere and at all times, and quickly get tested for COVID-19 if we show symptoms,” concludes Dr. Richard Fachehoun, medical specialist in public health and preventive medicine.

For more details on the progressive regional alert and intervention system and on the current measures, visit [Québec.ca/coronavirus](https://quebec.ca/coronavirus).

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