

VISITS IN FACILITIES OF THE CISSS DE LA CÔTE-NORD: ORANGE ALERT LEVEL MEASURES COMING INTO EFFECT

Baie-Comeau, February 11th, 2021 – Due to the region returning to an orange alert level on February 8th, 2021, the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord wants to inform the population that orange alert level measures are in effect regarding visits into its facilities (hospitals, CHSLDs and other living environments).

- In hospitals, the general rule is: one family caregiver at a time, and a maximum of two in a day. A maximum of three family caregivers must be identified to take turns. To know the particularities of different sectors (outpatient clinic, emergency department, etc.) please read the following document (French only): https://www.cisss-cotenord.gouv.qc.ca/fileadmin/internet/cisss-cotenord/Sante_publicue/COVID-19/visite_proche_aidant_CH.pdf
- In CHSLDs and other living environments:
 - In the rooms: One family caregiver, identified and known from the living environment, at a time, and a maximum of two in a day.
 - In common areas: Not allowed, except when travelling toward the room or to escort the resident/user for a walk in the hallway, while respecting the two-metre physical distancing rule with other residents/users and while wearing a procedure mask, in accordance with the applicable rules.
 - On the grounds of the living environment: Maximum of two family caregivers per day.
 - For more information (French only): https://publications.msss.gouv.qc.ca/msss/fichiers/directives-covid/dgapa-001-rev2_tableau-a.pdf

Family caregivers must rigorously follow the basic health measures:

- Stay two metres away from other people at all times;
- Wash their hands frequently;
- Wear a procedure mask at all times, or a face covering in private seniors' residences, according to the instructions in effect at the time. This rule applies to every visitor aged over two years old on the living environment's premises, indoors and outdoors;
- Keep their contacts outside the living environment to a minimum.

The CISSS de la Côte-Nord wants to remind everyone that it is highly recommended that people who enter the North Shore respect a seven-day self-isolation and avoid social interactions for 14 days.

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 -

Source: Jean-Christophe Beaulieu
Information officer
Centre intégré de santé et de services sociaux de la Côte-Nord
418 962-9761, ext. 414009