

NEW INSTRUCTIONS REGARDING VISITS IN CERTAIN LIVING ENVIRONMENTS

Baie-Comeau, April 1st, 2021 – With the North Shore now being at the yellow alert level, new instructions are now in place regarding the visit of family caregivers in living environments, namely residential and long-term care centres (CHSLD), intermediate and family-type resources (IR-FTR) and private seniors' residences (PSR).

In CHSLDs and other living environments, family caregivers from a yellow alert level region are allowed in living environments, under the following conditions:

- A maximum of four family caregivers is allowed every day, and a maximum of two at a time;
- Have an appointment or agreement with the living environment (a family caregiver may visit a relative more than once in the same day);
- Be trained and already familiar with infection prevention and control measures;
- Follow the two-meter physical distancing rule and hand hygiene procedure;
- Wear a medical-type mask at all times;
- Keep their contacts outside the living environment to a minimum.

Family caregivers visiting from orange alert level regions

Starting on **April 12th, 2021**, family caregivers from orange alert level regions will be able to visit a living environment in a yellow alert level region if they follow the conditions listed above, as well as the following ones:

- Make an appointment with the living environment;
- Actively monitor your symptoms for seven days prior to the visit in the living environment;
- Go through a voluntary self-isolation or reduce non-essential contacts seven days prior to the visit;
- Get a screening test 72 hours before the scheduled visit by calling 1 877 644-4545;
- Be trained and accompanied to respect measures: personal protective equipment (medical mask, eye protection and gown), two-meter physical distancing and hand hygiene;
- Favour outside meetings on the grounds of the living environment, supervised by a staff member;
- Sign a moral contract to respect health and infection prevention and control measures.

For both alert levels (orange and yellow), we remind you that the family caregiver must not have any COVID-19 symptoms or be required to self-isolate by public health authorities.

Please note that, until further notice, family caregivers from red alert level regions will not be authorized in living environments in yellow alert level regions. However, humanitarian visits are authorized, regardless of the alert level in force.

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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