

## RESPIRATORY VIRUS INFECTIONS ON THE RISE: WAYS TO PREVENT TRANSMISSION

**Baie-Comeau, December 5, 2025** – With the rise in respiratory virus infections and the presence of outbreaks, the Centre intégré de santé et de services sociaux (CISSS) is asking the public to follow preventive measures when visiting its facilities.

In areas where an outbreak (influenza, gastroenteritis, COVID-19, etc.) occurs, visits are authorized only for caregivers, who must comply with the measures in effect. These include hand hygiene when entering and leaving the facility and room, and wearing a mask when indicated. Other measures may also be applied if the user is in isolation. These are designed to limit the transmission of viruses and protect users, staff and the public.

It is also important to respect visiting hours and the number of visitors permitted. All visitors including caregivers who have a cough, fever or symptoms of gastroenteritis should postpone their visit.

### **Training on infection prevention and control**

Training on infection prevention and control is available on the [CISSS de la Côte-Nord](#) website for caregivers and volunteers. It provides valuable information on how to prevent the transmission of viruses.

If you are concerned about your health or that of a loved one and have questions or concerns, you may contact Info-Santé for advice at any time by dialing 811, or refer to the [Québec.ca](#) website.

For a list of current outbreaks, please visit the [CISSS de la Côte-Nord](#) website.

The CISSS de la Côte-Nord thanks the public for their cooperation.

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