

# CORONAVIRUS (COVID-19)

## PUBLIC HEALTH INSTRUCTIONS FOR ENTRIES ON THE NORTH SHORE

In order to protect the North Shore population, starting on December 6<sup>th</sup>, 2020, the Centre intégré de santé et de services sociaux (CISSS) de la Côte-Nord implements an entry management protocol to reduce the risk of introducing COVID-19 in the region.

It is essential that every individual who leaves the region for a period of over 24 hours, and everyone entering the North Shore from another region (except essential workers who self-isolate outside of their working hours)<sup>1</sup>:

- Follow a 7-day preventive self-isolation period;
- Avoid social interactions for 14 days.

Members of the same household are invited to follow the same preventive self-isolation measures.



### DURING PREVENTIVE SELF-ISOLATION

- Stay home, do not visit your friends and family, and do not receive visitors.
- Students can go to school and children can go to the daycare, but they must return home immediately at the end of the day.
- Work from home or, if that is not possible, return home immediately after work.
- Do not visit public places\* (shopping mall, bars, restaurants, theatre, etc.) and do not take part in any gathering, including team sports.
- Use delivery services and favour mutual aid. Plan your purchases before your preventive self-isolation.
- You can go outside, on your balcony or in your yard, for example, as long as you stay two metres away from other people. You can also go for a walk in your close neighbourhood while respecting the two-metre distancing rule.
- In order to protect people who live with you, wear a mask or face covering when you cannot respect the two-metre distancing rule. Keep a certain distance at the table during meals. If possible, use a separate bathroom.
- Clean and disinfect frequently touched surfaces and objects (e.g., doorknobs, light switches), as well as the bathroom and toilet, at least once a day.
- Avoid sharing personal objects (cellphone, dishes, bath towels, clothes, etc.).

*\*In case of an emergency or for essential needs, do not hesitate to seek the required care and services (medical clinic, pharmacy, humanitarian reasons, etc.). Limit your social interactions to a minimum.*

<sup>1</sup> This protocol does not apply for road travels of less than 24 hours between Québec and border villages of Newfoundland and Labrador.

### IF SYMPTOMS APPEAR

Consult the [COVID-19 Symptom Self-Assessment Tool](#) and follow the recommended instructions

You can also call 1 877 644-4545.

Centre intégré  
de santé  
et de services sociaux  
de la Côte-Nord

Québec



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**It is imperative that you follow these instructions:**



Keep a distance of at least two metres with other people.



Wash your hands frequently.



Wear a mask or face covering when respecting the two-metre distancing rule is difficult, as well as in public or partially enclosed places.



**Monitor the onset of symptoms for 14 days:** new or exacerbated cough, shortness of breath or breathing difficulties, sudden loss of smell without nasal congestion (with or without loss of taste), general symptoms (severe fatigue, important loss of appetite, general muscle pain not related to physical effort), sore throat, runny nose or nasal congestion, and gastrointestinal symptoms (nausea, vomiting, diarrhea, stomach ache).

## **ENTRY MANAGEMENT PROTOCOL SPECIFIC TO GOLFE-DU-SAINT-LAURENT, MINGANIE<sup>2</sup> AND CANIAPISCAU<sup>3</sup> RCMs**

**Everyone, including residents, visitors<sup>4</sup> and workers<sup>5</sup>, from regions of Québec with a red or orange alert level, from other Canadian provinces and territories, or from other countries must follow this additional recommendation:**

- **Call 1 877 644-4545** to book an appointment to get tested upon your arrival and after seven days.

**For Indigenous communities, please contact your authorities or the health centre as soon as you arrive.**

*Please note that certain groups of workers follow an alternative protocol approved by the Direction de santé publique de la Côte-Nord. For example, workers of the CISSS de la Côte-Nord are taken care of by their Health department.*

*Additionally, job site workers must follow alternative screening protocols implemented by their employer to respect the capacity of North Shore laboratories.*

<sup>2</sup> The screening program is not for job site or mine workers. Outside Anticosti Island, where the protocol is already in place, the access to screening will start on December 17<sup>th</sup>.

<sup>3</sup> The screening program is not for job site or mine workers.

Outside Schefferville, where the protocol is already in place, the access to screening will start on December 17<sup>th</sup>.

<sup>4</sup> Children under 10 years old only need to get tested if they have symptoms.

<sup>5</sup> Getting tested upon your arrival is not required if you have been tested in the past 96 hours.