

NOTICE TO THE COMMUNITY

COVID-19 – Recommendations when returning to the Islands

The holiday season is fast approaching and this time of year usually coincides with many people returning home. This year with the pandemic, many are wondering about the arrival of these family members who may come from an area with a red alert level. In order to avoid the spread of COVID-19 on the territory, here are the recommendations in progress:

People who live in a region or territory that is currently in a maximum alert level (red zone) must particularly avoid moving to a green, yellow or orange zone as well as outside Quebec, except for essential travel (workers, shared custody and transportation of goods). However, if a person makes such a trip, the measures that applied to his or her region of red origin continue to apply in another region.

Exceptionally, from December 24 to 27 inclusively, festive gatherings are authorized for a maximum of 10 people, regardless of the region of origin. It is strongly recommended to limit yourself to two evenings during this period.

Several days (preferably 7 to 14 days) before their departure for the Islands, the people concerned must...

- Limit their contacts to a minimum (gatherings, various outings, etc.);
- Avoid non-essential travel in public places;
- Pay particular attention to the sanitary measures in place, i.e. wearing a face cover, hand washing, physical distancing and respiratory etiquette.

Upon arrival in the Islands for the first 14 days, the people concerned must...

- Find out on quebec.ca about the measures to follow regarding the color of its original bearing;
- Be particularly attentive to symptoms related to COVID-19;
- Keep a distance of two metres from all occupants of the house, avoid sharing everyday objects and pay particular attention to disinfecting shared surfaces;
- Avoid visiting people other than those living at the same address. Avoid non-essential outings and travel;
- Isolate yourself completely if symptoms develop and get tested.
- Despite a negative result, continue to follow the measurements of the original tier up to day 14 and basic precautions at all times.
- The telephone number to call for a screening appointment is 418-986-2125. When the call is redirected to voice mail, leave a message and a nurse will call you back to give you an appointment.

In closing, it is important to frequently check the government regulations associated with the color level in effect in the region, for your indoor or outdoor gatherings, among other things. For more information, visit quebec.ca/coronavirus.

Thank you for your precious collaboration!