

Procedure for residents of Gaspésie-Îles-de-Madeleine entering the region

It is strictly forbidden to enter the region if you have the following symptoms:

- Cough
- Fever
- Breathing difficulties
- Sudden loss of smell or taste without nasal congestion

Please call 1-877-644-4545 if you have one of the following symptoms

All residents entering the region that are not essential workers must follow these instructions:

- ⇒ If possible, go straight home without stopping on the way. If there are essential stops to make like putting gas in the car, make sure to respect the social distancing measures by limiting contact with people and keeping a distance of at least 2 arms length (approximately 2 meters)
- ⇒ Wash your hands frequently with soap and water or an alcohol-based disinfectant if there is no access to soap and water.
- ⇒ Once you get home, self isolate for 14 days. It is important to stay at home during this period unless there is a medical emergency. Avoid visitors and maintain a distance of at least two arm lengths (about 2 meters) between you and the people you are living with.
- ⇒ It is possible to go outside to get some air, but you must stay in a private place such as your balcony or your backyard
- ⇒ Do not go to the shops, even to buy food, medicine or groceries. Organise for family or friends to buy supplies for you or order them online for delivery. If you need support, contact your municipality.
- ⇒ Monitor yourself for COVID-10 symptoms mentioned above. Isolate yourself from others in your home as soon as you notice your symptoms and call a health care professional at the following number: 1-877-644-4545

USING ANTISEPTIC PRODUCTS

You can use an alcohol-based product to disinfect your hands if they are not visibly soiled.

- Put a bit of disinfectant in the hollow of your hand.
- Rub it on all surfaces of your hands: your fingers, between your fingers, your thumbs, your palms, the back of your hands, and your nails.
- Keep rubbing until your hands have dried.

TIPS

- If you can wash your hands with soap and water, do that instead.
- Keep disinfectant products out of reach of children. They are safe to use, but they must not be swallowed. Young children must be supervised when using them.

Hand washing,
simple and effective!



**SET AN EXAMPLE
AND WASH YOUR HANDS
FREQUENTLY!**

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TO WASH YOUR HANDS PROPERLY, FOLLOW THESE STEPS:



1 Wet your hands with lukewarm water.



2 Apply soap.



3 Rub your hands together for 15 to 20 seconds.



4 It is important to thoroughly soap all surfaces of both hands: your fingers, between your fingers, your thumbs, your palms, the back of your hands, and your nails.



5 Rinse your hands with running water.



6 Dry your hands with a paper towel, a clean cloth towel, or a hand dryer.



7 Turn off the tap with the paper towel, if available.

WASH YOUR HANDS REGULARLY TO AVOID CONTRACTING INFECTIONS

Over the course of the day, you touch numerous objects that may have been contaminated by viruses and bacteria left there by you or by others. When you touch your eyes, your nose, or your mouth, you increase your risk of catching common infections such as colds, flu, and gastro.

EVERYONE NEEDS TO WASH THEIR HANDS:

children and adults of all ages, workers in all fields (hospitals, restaurants, day cares, etc.), whether they are sick or not.

IT IS IMPORTANT TO WASH YOUR HANDS:

- when they are visibly soiled;
- after sneezing or coughing;
- after wiping your or a child's nose;
- before handling food;
- after handling food;
- after using the washroom.

Did you know that hand washing is an excellent way of preventing transmission of infections from one person to another?

THERE ARE LOTS OF WAYS TO MAKE A DIFFERENCE

- Wash your hands often with soap and water. There is no need to use an antibacterial soap.
- Teach your children and loved ones to wash their hands and encourage them to do it frequently.
- Make sure that soap is available around you: in washrooms, at your child's school, at your workplace, and where you eat.

PROTECT THE HEALTH OF OTHERS!

Respiratory hygiene



1

If you have to sneeze or cough, cover your mouth and nose with a tissue.



2

Dispose of soiled tissues in the trash.



3

If you do not have a tissue, turn your face into your shoulder or the bend of your elbow to sneeze or cough.



4

Wash your hands often. If soap and water are not available, use an antiseptic product.

IF YOU ARE ILL, AVOID VISITING FAMILY AND FRIENDS.

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HAVE YOU TRAVELLED ABROAD?

You may have been exposed to the novel **coronavirus (COVID-19)**.

TO PROTECT YOURSELF, YOUR LOVED ONES AND THE PUBLIC:

YOU MUST STAY AT HOME FOR 14 DAYS

- Don't go to work, school or other public place
- Don't have visitors in your home
- Stay in a room by yourself
- Avoid contact with other people in your home
- If someone else is in the same room as you
 - Stay 2 metres away from them
 - Wear a mask

WASH YOUR HANDS OFTEN

When you cough or sneeze:

- Cover your mouth and nose with your arm to keep germs from spreading
- If you use a paper tissue, throw it away and wash your hands



TAKE YOUR TEMPERATURE TWICE A DAY FOR 14 DAYS

Call 1-877-644-4545 if you have

- Fever
- Cough
- Shortness of breath, difficulty breathing or chest pain
- Severe diarrhoea or vomiting
- Unusual fatigue



[Québec.ca/en/coronavirus](https://quebec.ca/en/coronavirus)

Toll free: **1-877-644-4545**

