

CORONAVIRUS (COVID-19)

PUBLIC HEALTH INSTRUCTIONS FOR ENTRIES ON THE NORTH SHORE

In order to protect the North Shore population, starting on December 6th, 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)¹:

- 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.*

¹ 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, MINGANIE² AND CANIAPISCAU³ RCMs

Everyone, including residents, visitors⁴ and workers⁵, 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.

² 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 17th.

³ 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 17th.

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

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

Frequently asked questions about entry management on the North Shore

Note: The instructions issued by the Government of Québec can change quickly and evolve along with the pandemic. Visit the Quebec.ca website for the latest updates.

Are travels to the North Shore possible during the Holidays?

In order to limit the risks of spreading COVID-19, the Government of Québec asks that the population avoid travelling between regions, as much as possible. Everyone who enters the North Shore is asked to respect a 7-day preventive self-isolation and avoid social interactions for 14 days. All North Shore residents who travel to another region will be asked to follow the same directives when they get back (exception: you do not need to follow these measures if your travel time is under 24 hours). See the document titled [Public health instructions for entries on the North Shore](#) for more information.

Should social interactions be avoided for 21 days?

No. Preventive self-isolation must be respected for the first 7 days, following the directives found in the [Public health instructions for entries on the North Shore](#). Then, during days 8 to 14, activities can resume while continuing to self-monitor symptoms.

Are the measures necessary if I go to Québec and return to the North Shore within 24 hours?

It is not necessary for a travel that is completed in a single day. However, single-day travels must be really necessary, for a medical appointment or for work, for example. Going to another region to shop is not recommended. If the trip lasts more than a day, travellers are asked to follow a 7-day preventive self-isolation and avoid social interactions for 14 days.

I live outside the North Shore, but I work in the region. Are there specific directives to follow?

You must still respect a 7-day self-isolation when you arrive in the region. During these 7 days:

- Do not receive visitors.
- Work from home or, if that is not possible, return home immediately after work.
- Do not go into public places (shopping malls, bars, restaurants, theaters, 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.

I go to school in Montréal and I want to return to the North Shore for a holiday. What measure should I follow?

Public health authorities ask that everyone who enter the territory self-isolate for 7 days. You should also avoid social interactions for 14 days. You may choose to self-isolate for 7 days before travelling to the North Shore, for maximum prevention.

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.).

Rules that apply to people in red alert level regions still apply when they travel outside their region.

Can I go to work if my child is returning from a red zone?

Yes but you must respect a 7-day preventive self-isolation. See the directives found in the [Public health instructions for entries on the North Shore](#).

When in preventive self-isolation, can I go to the grocery store if I have no one to help me and if there are no delivery services?

Yes. You must follow the directives found in the [Public health instructions for entries on the North Shore](#).

If I received a negative test result, do I still need to self-isolate?

Yes. The negative test result is good news, but you could still be carrying the virus. Therefore, you must still self-isolate for 7 days. You must follow the directives found in the [Public health instructions for entries on the North Shore](#).

If I have received a positive COVID-19 test in the past and I have now recovered, do I still need to self-isolate?

Yes. You are probably immune now, but as is the case with COVID-19 itself, the knowledge we currently have on its mode of transmission and the ways to fight it are either incomplete or derived from what we know of other epidemics. Therefore, you must still self-isolate for 7 days. You must follow the directives found in the [Public health instructions for entries on the North Shore](#).

What is the functioning for children in joint legal custody who go to the other parent's home outside the region, every other weekend?

a) Situation where both parents live in the region, but where one of them, or the child, is returning from an orange or red alert level region:

If the child is under 10 years old, the household of the family member returning from an orange or red alert level region must follow the [Public health instructions for entries on the North Shore](#). If the child is 10 years or older and goes to the other parent's home, both households must follow the directives.

b) Situation where the parents live in different regions (interregional joint custody)

Travels are accepted to execute court orders. Families involved must take all necessary precautions to avoid interregional transmission, and they must preventively self-isolate when possible while respecting the child's best interest.

Do asymptomatic residents under 10 years old have to get tested if they return in the targeted sectors after a stay outside the North Shore.

No, children under 10 years old do not have to get tested.

Are the published measures strong recommendations or are they mandatory for all visitors concerned?

They are strong recommendations to avoid an overload of cases, and to protect our health network, our economy, our activities and our social interactions. We rely on the population respecting these directives to limit the spread of COVID-19.

I live in a red alert level region and I rented a cottage on the North Shore for a holiday. Can I still go?

You must follow provincial directive: only people from the same family bubble (people who live together) can be present. As of February 8th, travels between regions and between towns are not recommended (except essential travels, students, workers, joint custody, freight transportation). If you travel anyway, you must follow the preventive self-isolation rules found in the [Public health instructions for entries on the North Shore](#).

I live in a red alert level region and I want to visit my sick parent. Can I go?

You must follow provincial directives. As of December 9th, travels between regions and between towns are not recommended, except in cases of essential travels. Visiting a relative who is currently sick is included in essential travels. When travelling, you must follow the preventive self-isolation rules found in the [Public health instructions for entries on the North Shore](#).

My home address is on the North Shore, but I have been out of the region for a while, for work or because I have a secondary home. Do I have to self-isolate if I return in the region?

Yes. You must follow the directives found in the [Public health instructions for entries on the North Shore](#).

If someone is thinking of coming to the North Shore, could they do their 7-day self-isolation in their home before travelling in order to avoid having to self-isolate when they arrive in the region?

That additional self-isolation is preferable for maximum prevention. However, you must still respect a 7-day preventive self-isolation when you arrive.

Do people who enter the North Shore for their work (other than work sites and mines) have to self-isolate for 7 days before starting to work?

When possible, workers must self-isolate for 7 days when they arrive (see the [Public health instructions for entries on the North Shore](#)). Essential or critical workers who cannot self-isolate should work from home when possible, or isolate when leaving work if working from home is not possible (except for essential needs: groceries, medical appointments, etc.).

Entries on the Lower North Shore, Minganie and Caniapiscau

I have to travel to a municipality located in one of the following RCMs: Golfe-du-Saint-Laurent, Minganie, Caniapiscau. Are there special measures to follow?

Yes, there are additional measures to follow when entering these RCMs. Everyone, including residents, visitors or workers, travelling from another region of Québec, from another province or territory, or from another country must call 1 877 644-4545 for an appointment on the day they arrive AND after 7 days. You must remain self-isolated until the second negative test result. The traveller's household must also self-isolate. When calling for an appointment, you may be exempted from testing and self-isolation if you are travelling from a low-risk Canadian region.

This protocol does not apply for road travels of less than 24 hours between Québec and border villages of Newfoundland and Labrador

In indigenous communities, please contact your local authorities or health centre as soon as you arrive.

Is a test required if a visitor or resident was tested in the 96 hours prior to their arrival?

No. That test made 96 hours before arriving replaces the first test. However, the person still needs to self-isolate and do a second test 7 days after entering Minganie, Caniapiscau or the Lower North Shore.

Do residents of Newfoundland and Labrador need to self-isolate if they wish to stay on the North Shore for over 24 hours? Do residents of the North Shore need to self-isolate after spending over 24 hours in Labrador?

As of February 17th, yes, residents of the North Shore or Newfoundland and Labrador have to:

- Call 1 877 644-4545 for an appointment to get tested for COVID-19 when you arrive AND after seven days.
- Respect a preventive seven-day self-isolation period when you arrive (including people who live with you).
- Avoid social interactions for 14 days.

As for travellers coming in from Newfoundland and Labrador, we ask them to go directly to their home or workplace. In the latter case, it is highly recommended that they self-isolate outside their working hours.

Do asymptomatic residents under 10 years old have to get tested if they return in the targeted sectors after a stay outside the North Shore.

No, children under 10 years old do not have to get tested.