



COVID-19 : PUBLIC HEALTH INSTRUCTIONS FOR ENTRIES ON THE NORTH SHORE

In order to protect the population and limit the spread of COVID-19, the following measures must be respected by people entering the region.

It is forbidden to travel to the North Shore from a **red** or **orange** alert level region or a province located to the west of Québec. Certain exceptions apply for essential travels (visit quebec.ca for more details).

Anyone who travels out of the region for more than 24 hours and anyone who enters the North Shore from another region* must:

- **Respect a mandatory 14-day self-isolation period**
- **Call 1 877 644-4545 to be tested for COVID-19:**
 -  Haute-Côte-Nord, Manicouagan, Sept-Rivières : between 5 and 7 days after entering.
 -  Caniapiscau, Minganie, Lower North Shore : when entering and on day 7.

You must remain isolated even if you have received a negative test result. Members of the same household are also invited to follow the same self-isolation measures.

**Certain groups of workers follow an alternative protocol approved by the Direction de santé publique de la Côte-Nord. Indigenous communities: please contact your authorities or the health centre as soon as you arrive.*

INSTRUCTIONS FOR MANDATORY SELF-ISOLATION

- Stay home, do not visit your friends and family, and do not receive visitors.
- Work from home.
- Do not go into public places and do not take part in any gathering (including team sports and group activities).
- Use delivery services and favour mutual aid. Plan your purchases before your self-isolation.
- You can go outside (balcony or yard) or take a walk in the immediate 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.).

Let's continue to protect ourselves!



Cough into your sleeve



Wash your hands



Keep your distance



Cover your face
(if less than 2 meters)



Limit your travel

Frequently asked questions about entry management on the North Shore

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

Are travels to the North Shore allowed?

It is prohibited to travel into the North Shore. An exception is made for essential travels by the following people:

- People who have their principal residence there or who have to do maintenance work at their secondary residence;
- People transporting goods in these territories;
- People who need to travel for humanitarian reasons;
- People who need to travel to obtain care or services required by their health condition or to provide care or services to a person who requires them;
- People who work, practice their profession or attend an educational institution there;
- People who must go there in order to comply with a court order or to exercise parental custody or access rights included in an agreement;
- Federal public service employees whose place of work is in one of these territories and whose presence is required in their workplace by the employer;
- People who transport goods transiting through Québec.

However, you may be intercepted by police officers when you enter or during your stay. They could ask you to prove the reason for your travel. You must therefore be ready to show proof.

Someone who is in an orange or red alert level and who must return to their main residence on the North Shore must self-isolate for 14 days, as stipulated by the governmental decree currently in effect. Failure to respect this measure may result in a fine.

Source: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/level-3-alert-orange>

If I live on the North Shore, can I travel to another region?

Travels to other regions should be avoided, except for essential travels (work, health care, joint custody, humanitarian reasons).

Are there measures to follow if I travel to another region (such as Québec) and return to the North Shore within 24 hours?

It is not necessary for a travel that is completed within 24 hours. However, single-day travels must be absolutely necessary, for a medical appointment or for work, for example. However, **you must avoid all other high-risk activities (sports, gatherings, shopping, etc.).**

If the trip lasts more than a day, travellers must follow a mandatory 14-day self-isolation period when they get back and call 1 877 644-4545 to be tested for COVID-19:

- Haute-Côte-Nord, Manicouagan, Sept-Rivières: between 5 and 7 days after your return.
- Caniapiscau, Minganie, Lower North Shore: when you arrive and on day 7.

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

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

You must still self-isolate when you are not at work:

- Do not receive visitors.
- Work from home, if possible. If this is not possible, closely follow the health instructions and do not eat with your colleagues. 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 and group activities.
- 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 immediate neighbourhood while respecting the two-metre distancing rule.

Certain groups of workers follow an alternative protocol approved by the Direction de santé publique de la Côte-Nord.

Please note that you may be intercepted by police officers when you enter or during your stay. They could ask you to prove the reason for your travel. You must therefore be ready to show proof.

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

First, your main residence must be on the North Shore. Then, you must follow a mandatory 14-day self-isolation period when you arrive and call 1 877 644-4545 to be tested for COVID-19:

- Haute-Côte-Nord, Manicouagan, Sept-Rivières: between 5 and 7 days after your return.
- Caniapiscau, Minganie, Lower North Shore: when you arrive and on day 7.

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 the alert level of the region the person is coming from still apply when they travel outside their region. If there are close contacts with other people in the household, they should also follow public health instructions that apply in the region their guest is coming from, for 14 days following the arrival of said guest.

Please note that you may be intercepted by police officers when you enter or during your stay. They could ask you to prove the reason for your travel. You must therefore be ready to show proof.

During 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, if there really are no other options.

If I received a negative test result, do I still need to self-isolate for 14 days?

Yes, it is essential. The negative test result is good news, but you could still be carrying the virus. Therefore, you must continue self-isolating for 14 days, as stipulated by the governmental decree currently in effect.

**If I have received a positive COVID-19 test in the past and I have now recovered, do I still need to self-isolate?
If I have received one or two doses of the COVID-19 vaccine, do I still need to self-isolate?**

Yes. You may be immunized, but seeing as the knowledge base regarding COVID-19 is in constant evolution, considering that the vaccine is not 100% effective, especially not after a single dose, and with the rise of the new variants, you must still self-isolate for 14 days. The decree currently in effect applies to everyone, including people who are partially or completely immunized by receiving the vaccine or contracting the disease. You must follow 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 to the targeted sectors after a stay outside the North Shore.

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

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

The 14-day self-isolation is mandatory under a governmental decree that has force of law. Police officers are responsible for enforcing the law and they have the power to issue a statement of offence that includes a fine.

The COVID-19 test is a strong recommendation to prevent a rise in the number of cases, and protect our health care 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 an orange or red alert level region and I rented a cottage on the North Shore for a holiday. Can I still go?

It is prohibited to travel into the North Shore, but an exception is made for people who need to do maintenance work on their secondary residence. In that case, you must follow the [Public health instructions for entries on the North Shore](#). However, you may be intercepted by police officers. They could ask you to prove the reason for your travel. You must therefore be ready to show proof.

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

Yes, you can, as this is a humanitarian reason. However, you may be intercepted by police officers. They could ask you to prove the reason for your travel. You must therefore be ready to show proof. When travelling, you must follow 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 [Public health instructions for entries on the North Shore](#).

Do people who enter the North Shore for their work (other than work sites and mines) have to self-isolate for 14 days before starting to work?

When possible, workers must self-isolate for 14 days when they arrive (see the [Public health instructions for entries on the North Shore](#)). They must therefore work from home. However, certain essential or critical workers must work in person. When that is the case, the worker in question must closely follow instructions at work and self-isolate immediately after work.

Please note that you may be intercepted by police officers when you enter or during your stay. They could ask you to prove the reason for your travel. You must therefore be ready to show proof.

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 and workers, travelling from another region in Québec, from a province located to the west of Québec or from another country must self-isolate for 14 days and call 1 877 644-4545 for an appointment to get tested on the day they arrive AND after 7 days. The traveller's household must also self-isolate. It is not necessary to follow these measures when returning from the maritime provinces including Newfoundland and Labrador.

If there are close contacts with other people in the household, they should also self-isolate for 14 days.

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

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

No. A 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.