

PROCEDURE FOR RESIDENTS ENTERING THE REGION

It is strictly forbidden to enter the region if you present with any of the following symptoms associated with COVID-19:

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

Contact 1-877-644-4545 if these symptoms are present

Any resident of the Gaspé who does not work in the health sector or in essential services and who enters the territory of the region must follow the instructions below:

- Return to your home without making any unnecessary stops along the way. If there are essential stops to be made, make sure you have no physical contact with another person and keep a distance of at least two meters from others. Wash your hands as often as possible with soap and water, or an alcohol-based disinfectant, if there is no access to soap and water.
- Once at home, you must remain in quarantine for a period of 14 days. It is important to stay at home during this period unless there is a medical emergency. Do not accept visitors and maintain a distance of at least two arm lengths (about 2 meters) between you and the people who live with you. It is possible to go outside to get some fresh air, but you must stay in a secluded place such as your balcony or your backyard.
- You have to make arrangements for someone to go and buy your essentials for you, such as food and medicine. If you do not have someone to help you, please contact your municipality, who will help you to respect the quarantine.
- Monitor your health for the COVID-19 symptoms mentioned above. If symptoms appear, isolate yourself from the rest of the people living under your roof and call a health professional or public health authority at 1-877-644-4545. Follow-up calls will also be made.

PROCEDURE FOR ESSENTIAL WORKERS ENTERING THE REGION

It is strictly forbidden to enter the region if you present with any of the following symptoms associated with COVID-19:

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

Contact 1-877-644-4545 if these symptoms are present

All essential workers entering the territory of the region must follow the instructions below:

- Make sure to respect the distancing measures, no physical contact with another person and keep a distance of at least two meters with others.
- Make sure to respect basic sanitary measures. Workers must wash their hands as frequently as possible with soap and water, or with an alcohol-based disinfectant, if there is no access to soap and water. Workers must also sneeze and cough in their elbow, throw away any used tissues after using them and wash their hands afterwards.
- Non-resident worker: Outside of working hours (ex: in the evening), the worker must place keep themselves in quarantine for 14 days. Each essential workers must be housed individually.
- Resident worker in the region: They must be placed in quarantine for 14 days outside of working hours (ex: in the evening). It is important to stay at home during this period unless there is a medical emergency. Do not accept visitors and maintain a distance of at least two arm lengths (about 2 meters) between you and the people living with you.
- When you are in quarantine, you need to arrange for someone to go and buy your essential items for you, such as food and medicine.
- For health network workers, please contact your manager and human resources.
- Monitor your health for the COVID-19 symptoms mentioned above. If symptoms appear, isolate yourself from the rest of the people living under your roof and call a health care professional or public health authority at 1-877-644-4545.