

Removal of checkpoints: Important health instructions to follow

Gaspé, Thursday May 21st, 2020 – Following the removal of checkpoints, the Direction de la Santé Publique de la Gaspésie – Îles-de-la-Madeleine wishes to reiterate the importance of maintaining and respecting health guidelines.

“We are in a pivotal period of the pandemic. Our efforts to date have paid off and we want the situation to remain stable. To do this, we ask the population to be vigilant in the application of hygiene measures. In general, vacations require a lot of preparation, but this year they will require even greater efforts in order to allow all of us to protect ourselves from this virus,” said Dr. Bonnier Viger, director of public health for the Gaspé Peninsula. - Madeleine.

Sanitary measures to be taken

Despite the removal of the checkpoints, for the time being, [everyone is till being asked to avoid travelling from one region to another or from one city to another, except for essential travel.](#) If, however, a person does travel to the Gaspé Peninsula or the Islands, here are the basic instructions to follow:

- **Monitor for symptoms:** if you notice any symptoms, you must stay at home. To make an appointment for a screening test, you can call **1 877 644-4545**;
- **Plan for reserves of necessities,** to avoid traveling during the first 14 days. Several delivery services are offered on the territory;
- **Respect the 2-metre distance** at all times (parks, shops, grocery stores, etc.). When this is not possible, you must wear a mask to ensure an adequate protection;
- **Avoid indoor gatherings;** Only outdoor gatherings of 10 people maximum from 3 households / families maximum are allowed.
- **Wash your hands or** use disinfectant when you do not have access to soap.

Summer season to come

“Each summer season, our wonderful region is popular among tourists who come to admire our landscapes and praise our warm welcomes. It is important that this culture of welcoming others does not change. As Gaspésiens and Madelinots, we must show kindness to each other. We must continue to welcome people as we have always done, while respecting the health regulations,” said Dr. Bonnier Viger.

In addition to the instructions listed above, it is important to emphasize that those who welcome visitors must make sure to provide alternatives if they have to isolate themselves because of the virus. Also, visitors need to ensure their plans are flexible should they contract Covid-19 and have to stay in the region longer.

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Source :

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