GLOBAL SITUATION: 452,510 confirmed cases, 20,496 deaths.

IN CANADA: There are 3,249 confirmed cases, 28 deaths.

IN QUÉBEC: There are 1,339 confirmed cases, 6 deaths; probable cases are now counted with confirmed cases.

Few cases of community transmission have been identified in Quebec and Montreal.

CLOSED UNTIL FURTHER NOTICE: All schools, Cégeps, Universities and Quebec daycare services and all non-essential services until April 13 or later. To find out what is open or closed, consult this tool or the list of essential services. A few essential community services, such as food assistance, remain open with restrictions, contact them or 2-1-1.

GENERAL GUIDELINES

SYMPTOMS OF COVID-19: 1,877-644-4545 in order to obtain an appointment in a designated clinic, which are accessible, without cost, for those who are not covered by the RAMQ (ex: immigrant person with precarious status);

Isolation and distancing: Social distancing is the safest way to protect yourself and others. All Quebecers should isolate at home, as much as possible. If you need to go outside, keep a 6 feet distance with everybody else at all times and wash your hands regularly. If you may have been in exposed, if you have travelled or if you are sick or waiting for test results, you have to isolate 14 days. For instructions, follow the 3 links above;

The MSSS developed a Self-care Guide to help Quebecers to make the best decisions to protect their health and health of others;

Follow Community-based measures and sanitary guidelines;

Outings: avoid all non-essential travels and avoid travel between regions of Quebec; Working from home should be supported and encouraged when possible;

People over the age of 70 should not leave their home. To protect them, non-essential visits to hospitals, CHSLD, intermediate care settings, family type intermediate care settings and senior residences are prohibited:

Traveling: Avoid all travel. Canadian’s borders are currently closed, including the US border, to non-Canadian citizens and non-permanent residents. Any person with COVID-19 symptoms cannot enter the country. Consult the Official Global travel Advisory in place for each country;

All non-necessary interior and exterior gatherings should be avoided.

INFORMATIONS FOR OUR COMMUNITY

Santé Montreal has created a section for community organizations on its website where you can find advice and preventive measures for:
- Employees of community organizations
- Food banks
- Meals on wheels
- People who use drugs and homeless people
- Resources serving the homeless population

For more information on resources serving the homeless population, consult the list of services available for this population and the Bulletin itinérance sent in today’s email (Fr only);

The outdoor walk-in clinique at La Place des festivals is accessible by foot and by car; consult criteria before going. People can get tested at this clinic without having a RAMQ or identity card, but they’ll have to identify a community worker from whom they are known (ex: street worker). If needed, this community worker will be contacted by the DRSP and will be responsible to make the follow ups with the user;
Within our CIUSSS:

- Reduction in the hours of operation of the CLSC and hospital collection centers, consult the new schedules;
- Several services have been suspended to comply with the latest directives. The staff from the Agir-tôt program and the school medical staff have been re-assigned to services related to COVID-19;
- Essential home visits are maintained. If the service is not essential, follow-ups are done by phone when possible;
- There is no shortage of protective equipment in our CIUSSS.

A coordination unit between the community sector, the territorial coordinators of the 5 CIUSSS and the DRSP is in place. A summary of the information will be sent to all community organizations;


Canada’s Economic Response Plan: Income support for individual who needs it most will be available. Also, the tax report filing due date is deferred until June 1st 2020 and the payment before September 2020;

Day care services available to health care, and other essential service professionals;

For multi-lingual information related to COVID-19, consult ACCESSS page;

Your child is worried? The MSSS gives advices on how to support him/her (Fr only);

In case of stress, anxiety or depression related to COVID-19, consult this page or contact 8-1-1;

The Canadian Red Cross is offering phone support for people who are isolated, contact 1 800 863-6582;

Contact 2-1-1 for support or resources. Isolated seniors a particularly invited to call this number;

A mobilization and support group is active on Facebook for people that are in needs or are able to help, consult the page for info;

Le Centre de référence du Grand Montréal invites all of you to inform them of any service modifications to edition@info-reference.qc.ca.

For any concerns, community organizations can contact serviceregional.ccsmtl@ssss.gouv.qc.ca.

SOURCES

This document has been produced by the Centre intégré universitaire de santé et de services sociaux du Centre-Ouest-de-l'Île-de-Montréal based on the actual knowledge of COVID-19. It will be updated regularly.

Informations supplémentaires:

- MSSS – Coronavirus COVID-19
- ASPC – Coronavirus (COVID-19)