STATUS REPORT – APRIL 7TH, 2020, 14H00

- **Global situation**: 1 410 085 confirmed cases, 81 034 deaths;
- **In Canada**: There are 17 827 confirmed cases, 398 deaths;
- **In Québec**: There are 9 340 confirmed cases, 150 death;
- **Closed until further notice**: All schools, daycare services and all non-essential services are closed until May 4th or later. **Temporary changes to hours and days of admission** are in effect in commercial establishments. 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 call 2-1-1.

**GENERAL GUIDELINES**

- **Symptoms of COVID-19**: 1 877-644-4545 or 514 644-4545 (Montreal) in order to obtain an appointment in a designated clinic, which are accessible, without cost, for those who are not covered by the RAMQ. **Home screening** is available for people who cannot move to a clinic and who meet certain criteria, contact 8-1-1 for more information;
- **In case of doubts, use this COVID-19 Symptom Self-Assessment Tool**;
- **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 may have been in exposure, 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;
- **Follow Community-based measures** and **sanitary guidelines** at all times;
- **Outings**: All non-essential travels are prohibited. Avoid travelling between regions of Quebec, some main roads leading to vulnerable regions have checkpoints;
- **All non-necessary interior and exterior gatherings** are prohibited. **Fines will be given to offenders**;
- **People over the age of 70** should not leave their home. To protect them, visits and outings are prohibited in senior residences;
- **Traveling**: **Avoid all travel**. Canadian's borders are currently closed to foreign travelers. Any person with COVID-19 symptoms cannot enter the country.

**NEWS FOR OUR PARTNERS**

- The MSSS provides you with a **Toolkit for the identification of people at risk of psychosocial vulnerability**;
- **Protective equipment**: A first distribution of protective material occurred, and 12 priority community organizations of our territory benefited from the material. A second distribution will take place; community organizations are invited to communicate their need at serviceregional.csamtl@ssss.gouv.qc.ca;
- **Food security**: Local food security units are currently being set up in all the districts in order to ensure concerted work;
- **Bloc Operation**: Regional awareness campaign targeting owners and tenants in building of 10+ apartments. **Posters** are currently distributed;
- **Incentive program for the retention of essential workers**: An extra amount is available for essential workers meeting certain criteria;
- To encourage our local businesses during this difficult time: [lepanierbleu.ca](http://lepanierbleu.ca);
- **Resources serving the homeless population**: Consult the list of **Isolation resources for the homeless** the list of services available for this population and last the Bulletin itinerance - March 30th (Fr only);
- **Opening of a new «hot» clinic at Mall Cavendish**. This clinic is only available with a doctor reference for users with COVID-19 or similar symptoms that need to consult a doctor in person;
- **Screening clinics**:
  - Cavendish Mall: Drive-thru screening clinic with appointments only outside Cavendish Mall in Côte Saint-Luc. You can get an appointment by calling 8-1-1;
  - Place des festivals: **Outdoor walk-in clinic** accessible from 8am to 4pm by foot and by car; consult criteria before going;
Two more screening clinics with appointments are opened in the east and west of Montreal. Communicate with 514 644-4545 for an appointment.

**Volunteers**: To offer your help or post your needs - [jebenevole.ca](http://jebenevole.ca);

**Centraide Emergency Fund**: Consult eligibility criteria and fill the online form;

**Loss of income caused by COVID-19**: Consult the Q&A document for Canada’s Economic Response Plan. To help you determine what type of assistance is available for you, use the Government Assistance Programs tool.

**Within our CIUSSS**:
- Protective equipment is limited and given to those who need it most only;
- Reduction in the hours of operation of the CLSC and hospital collection centers, consult the new schedules;
- Essential home visits are maintained. If the service is not essential, follow-ups are done by phone when possible;
- Day care services available to health care, and other essential service professionals.

**SUPPORT RESOURCES**

- Psychosocial support line for employees in community organizations of Montréal: 514 284-9461;
- PRO-GAM offers up to 3 sessions of free tele-psychotherapy for professionals of community organizations. Contact 514 270-8462 or [info@pro-gam.ca](mailto:info@pro-gam.ca);
- Consult this document for a list of psychosocial resources available;
- Consult this document for community resources available for families.

**QUICK ACCESS TO ADDITIONAL TOOLS**

- [Access to health care according to RAMQ coverage status - Q&A](https://santemontreal.qc.ca/en/public/coronavirus)
- [Info-Social sheets](https://santemontreal.qc.ca/en/public/coronavirus)
- [Questions & answers for municipalities](https://santemontreal.qc.ca/en/public/coronavirus)
- [Self-care Guide](https://santemontreal.qc.ca/en/public/coronavirus) to make the best decisions to protect your health and health of others
- [The most frequent questions from community organizations](https://santemontreal.qc.ca/en/public/coronavirus) (Fr only)

**Multi-lingual information**:

- [About Coronavirus Disease](https://santemontreal.qc.ca/en/public/coronavirus)
- General information on COVID-19
- [Advice for caregivers](https://santemontreal.qc.ca/en/public/coronavirus)

**Advice and preventive measures for**:

- [Community organizations](https://santemontreal.qc.ca/en/public/coronavirus):
- [Volunteers](https://santemontreal.qc.ca/en/public/coronavirus)
- [Meals on wheels](https://santemontreal.qc.ca/en/public/coronavirus)
- [Food banks](https://santemontreal.qc.ca/en/public/coronavirus)

We invite you to consult the website [Santé Montreal](https://santemontreal.qc.ca/en/public/coronavirus) regularly for up to date information.

For any service modifications within your organizations, please inform [le Centre de référence du Grand Montréal](mailto:edition@211qc.ca) with this email.

**SOURCE**

This document has been produced by the CIUSSS Centre-Ouest-de-l’Île-de-Montréal based on the actual knowledge of COVID-19. It will be updated regularly.

**MORE INFORMATIONS**