Situation in Québec: There are 40 724 confirmed cases, 3 351 death. For Montreal, click [here](#).

- **Summary of epidemiological data (April)** for CIUSSS CCOMTL
- **Progressive re-opening**: Elementary schools won’t open in Montreal until September 2020. Consult the MSSS website to know more about the gradual resumption of activities. To find out what is open or closed, consult this tool.

Within the health care system

- **Services**: Extended opening hours of the screening clinic outside of the Jewish General hospital (5800. Ch. de la Côte-des-neiges): Open from 8am to 8pm, with appointments only (call 8 1-1-1);
- **Mobile screening clinics**: A mobile clinic in a STM bus is currently on the West-Center territory. It is accessible for residents of the selected areas that are symptomatic or have been in contact with a COVID+ individual.
  
  Open from 10am to 4pm on the following sites:
  - May 13-14-15th: Snowdon – Arena Bill-Durnan, 4988 rue Vezina
  - May 16-17-18th: CDN – In front of 3220 ave Appleton, see the poster
  - May 19-20-21th: Parc-Extension – To determine **It won’t be on St-Roch as previously announced

- **Mask in healthcare environment**: Policy on wearing masks for healthcare workers, patients, family members and other visitors of CIUSSS CCOMTL
- **Seniors**: Guidelines for caregivers / New measures in senior’s living environments

Within the community:

- **Status of community services**: To add or modify information about your organization, respond to the email sent with this bulletin;
- **Access to grocerie stores for single-parent families**: Single-parent families should not be denied entry for their children;
- **Deconfinement and Back-to-school**: Consult the new information (more info in the Additional tools section)
  - Déconfinement – Questions and answers (Fr)
  - Back-to-school (MSS) (Fr)
  - Préparation du retour en classe pour les jeunes (Fr)
  - Documentation en soutien aux milieux de garde (Fr)
  - CSDM website / MSSS website

The last communications can be found in the Additionnal tools section

- **Health corridors**: An interactive map of health corridors in the city of Montreal;
- **Housing**:
  - Financial help for housing
  - Guidelines for extermination during COVID-19 period
  - Information to owners and residents of 10 residential buildings with 10+ units
- **Protective equipment**:
  - It is recommended to wear a face covering or a mask in public places. For more information on masks, consult the Additional tools section;
  - A face cover distribution will take place in each borough, an initiative of the City of Montreal. More information will follow on how to obtain them;
  - Community organizations are invited to inform Eve Gauthier if their needs for equipment change, including if they need less, so that is can be redistributed;
- **Polarization Clinical Team**: The team is available to help community organizations with many issues, consult their brochure;
- **Resources serving the homeless population**: All the documents have been added to this Google Drive folder from the Service régional en itinérance (regularly updated). You can find the update new Aide-mémoire – Where to refer and the latest Bulletin Itinérance.
Funding to community organizations:
  - PSOC: Report of accountability (Fr);
  - Financial help from the Government of Canada to women's shelters and organizations helping victims of sexual violence. Consult these documents;
  - Second phase of Centraide Emergency Fund: Eligibility criteria have been extended;
  - Funding from the Family Ministry: Modalities have been reviewed.

New tools and resources:
  - Access to care depending on your status
  - Breastfeeding: Information available
  - CNESST: Tools for return to work in several environments
  - Interim guidelines on the usage of cash in shops
  - Consolidated government press lines
  - Medias: Veille de l'espace Public – COVID-19
  - Psychosocial:
    - Basic psychosocial skills – A guide for COVID-19 responders
    - Prevention of violence and suicide in the context of a pandemic
  - Q&R Transmission of COVID-19 in indoor environments
  - Recommandations pour la levée des mesures d'isolement dans la population générale
  - Videos on different subjects related to COVID-19 are available on our Youtube Channel

CURRENT REGULATIONS
  - Symptoms of COVID-19: Contact 8-1-1 in order to obtain an appointment in a designated clinic. Home screening is available for people who cannot move to a clinic and who meet certain criteria. For information on screening clinics, consult Santé Montreal website;
  - In case of doubts, use the COVID-19 Symptom Self-Assessment Tool or consult the Decision factsheet;
  - All non-necessary interior and exterior gatherings are prohibited. Gatherings or non-compliance with instructions can be reported directly on the SPVM website;
  - Follow Community-based measures and sanitary guidelines at all times;
  - Isolation and distancing: Social distancing is the safest way to protect yourself and others. It is recommended to stay 2 meters away from everybody else at all times. If you have contracted COVID-19, have symptoms or have travelled, you must isolate for 14 days and follow the MSSS instructions;
  - Outings and travels: All non-essential travels are not recommended. The reopening of isolated regions is set in May.

SUPPORT RESOURCES
  - Psychosocial support line for community organizations of Centre-Ouest: 514 265-6588 available Monday to Friday, 8am to 8pm;
  - Tele-psychotherapy for professionals of community organizations (Up to 3 free sessions offered by Pro-Gam). Contact 514 270-8462 or info@pro-gam.ca;
  - The list of other psychosocial resources has been updated;
  - A list of community resources available for families.

For any concerns, community organizations can contact the DRSP COVID guard at 514 528-2400 or serviceregional.csmtl@ssss.gouv.qc.ca. For any service modifications within your organizations, please inform Le Centre de références du Grand Montréal with this email: edition@211qc.ca.

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
ADDITIONAL TOOLS

- **Advices and preventive measures:**
  - Best practice Guidelines for Screening Volunteers
  - Directives intérieures concernant les marchés publics (Fr)
  - Directives intérieures pour l'accès aux jardins communautaires et collectifs (Fr)
  - Information for caregivers
  - Instructions for housing organizations (Fr only)
  - Instructions for out-of-home respite services (Fr only)
  - Instructions for seniors' home and living environment (Fr only)
  - Mesures pour la gestion des cas et contacts dans la communauté (INSPQ)
  - Moving out: A guide on good practices (Fr only)

- **Communication:**
  - New multi-lingual resources available on this document
  - SIARI: Translating services available for urgent situations (ex: domestic violence, references, renewal of work and school permit, etc.)
  - Visual and tactile interpretation services: consult these documents.

- **Community organizations:**
  - Formations pour les partenaires de services hors-réseau (FCP) (Fr)
  - Guide for partners working with vulnerable populations (Fr)
  - The most frequent questions from community organizations (Fr only)

- **Deconfinement and back to school:**
  - Communication from the Fédération des omnipraticiens du Québec
  - Un feuillet sur les mesures de Santé Publique
  - Lettre au personnel scolaire
  - Q&A on education and families in the context of COVID-19
  - MSSS website / CSDM website

- **Educative resources:**
  - L'École ouverte / Succès scolaire / CSDM / CSMB / EMSB

- **Healthcare:**
  - Access to health care according to RAMQ coverage status - Q&A
  - Contacts for Guichets d'accès en santé mentale
  - Consult the opening hours of the CLSCs and hospital collection centers
  - Deployment of military reinforcements in CHSLDs: Press release;
  - Domestic Violence: LHEA trajectory – Preventive accommodations, isolation and quarantine zones are available;
  - Online prenatal lessons available on our Youtube channel;
  - Psychosocial tools: Consult the list of tools
  - Self-care Guide to make the best decisions to protect your health and health of others
  - For an online family medicine appointment, consult Québec Medical Appointment Scheduler

- **Low revenue:**
  - Some families are eligible for 10$ Internet, consult admissibility criteria;
  - Incentive program for the retention of essential workers
  - Government Assistance Programs tool
  - Q&A document for Canada’s Economic Response Plan

- **Protective equipment:**
  - Capsule: Comment porter le masque, la blouse et les gants (Fr only)
  - Capsule: L'hygiène des mains avec une solution hydro-alcoolique (Fr only)
  - Capsule: How to make a face covering
  - Capsule: How to use a face covering or a mask
  - Q&A Port du couvre-visage (Fr)
  - Information on wearing personal protective equipment (Fr only)
  - Reuse of the procedure mask
  - The MSSS website
  - Wearing a face covering in public

- **Other:**
  - Storybook for children on COVID-19 (translated in 30 languages)
  - Managing shared custody
  - Municipalities: Questions & answers
  - Ramadan: Answers to questions from religious and community leaders. / A video to share

More advices and preventive measures for community organizations are available on Santé Montréal and the INSPQ web site.