INFORMATION FOR OUR PARTNERS

Situation in Québec: There are 35,238 confirmed cases, 2,631 death. For Montreal, click here; May 5th TOP and Summary of epidemiological data (April) for CIUSSS CCOMTL.

Progressive re-opening: Elementary schools and day care services could open on May 25th in the region of Montreal. The opening of stores outside of shopping centers, civil construction and manufactures, as well as the reopening of isolated regions are set to open gradually in May. To find out what is open or closed, consult this tool.

Within the health care system

Services: Considering a progressive return to normal, plans are being made to resume the activities that were suspended, while incorporating the new best practices. The vaccination of babies under 12 months have already resumed and school staff will resume certain services with the reopening of schools.

Mask in healthcare environment: Policy on wearing masks for healthcare workers, patients, family members and other visitors of CIUSSS CCOMTL.

Mobile clinics: Message from DRSP and New screening priorities:

Polarization Clinical Team: The team is available to help community organizations with many issues, consult their brochure;

Seniors: 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;

Deconfinement and Back-to-school: Consult the new information (more info in the Additional tools section)

Face covering/ mask: It is now recommended to wear a face covering or a mask in public places when physical distance is not possible. For more information, consult the Additiional tools section;

Financial help for housing: A 1500$ loan with no interest is available to help people in need to pay their rent;

Health corridors: An interactive map of health corridors in the city of Montreal;

Remote meetings and sessions: A new temporary measure from the Justice Ministry;

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:

Financial help from the Government of Canada to women's shelters and organizations helping victims of sexual violence. Consult these documents;

PSOC: Letters on emergency funding have been sent to community organizations on May 1st. If your organization did not get a letter, communicate with the PSOC;

Second phase of Centraide Emergency Fund: Eligibility criteria have been extended;

Funding from the Family Ministry: Modalities have been reviewed;

Emergency fund for food community organizations: Foodrescue.ca.

New tools and resources:

Available on Santé Montréal: Managing shared custody;

CERDA: New translated tools available on their website;

CNESST: Tools for return to work in several environments;

Composer avec les problèmes de santé mentale pendant la pandémie;

Medias: Veille de l’espace Public – COVID-19
- Storybook for children on COVID-19 (translated in 30 languages)
- Videos on different subjects related to COVID-19 are available on our Youtube Channel
- Violence familiale durant la pandémie COVID-19
- Updates: Q&A on RAMQ services

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 fact sheet.
- **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;
- A list of other psychosocial resources available;
- 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

- **Advises and preventive measures:**
  - Best practice Guidelines for Screening Volunteers
  - Directives intérimaires concernant les marchés publics (Fr)
  - Directives intérimaires 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:**
  - Un feuillet sur les mesures de Santé Publique
  - Information sur les actions à réaliser
  - Lettre au personnel scolaire
  - MSSS 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 CLSU 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](#);
  - 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

- **Municipalities:**
  - Questions & answers

- **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

- **Psychosocial tools:**
  - On protège aussi sa santé mentale ! L’autogestion en période de COVID-19
  - Info-Social sheets
  - Le deuil chez l’enfant et l’adolescent / Je suis en deuil d’une ou de personnes chères en raison de la pandémie
  - [Parker du COVID-19 aux enfants](#)
  - [Premiers secours psychologiques – Réduire la détresse associée au COVID-19](#)
  - [Toolkit for the identification of people at risk of psychosocial vulnerability](#)
  - Video capsules from the MSSS

- **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.