

Press Release

For immediate release

SPECIAL EMERGENCY MEASURES LIFTED FOR GATTINEAU, THE MRC DES COLLINES-DE-L'OUTAOUAIS AND THE MRC DU PONTIAC

Gatineau, May 11 2021 – The Centre intégré de santé et de services sociaux (CISSS) de l'Outaouais would like to inform the population that the special emergency measures will be lifted for Gatineau, the MRC des Collines-de-l'Outaouais and the MRC du Pontiac as of May 17. The measures of the maximum alert level (red) will therefore be applied, including the opening of high schools, on an alternating class basis for Secondary 3, 4 and 5.

As a reminder, here are some measures that apply to the maximum alert level (red zone):

- Curfew between 9:30 p.m. and 5 a.m. the next day
- Gatherings in homes and private properties are not allowed.
- Restaurant dining rooms closed (delivery and take-out only)
- Indoors, non-contact activities alone, in pairs or with occupants of the same private residence are permitted only in swimming pools, skating rinks, tennis and badminton areas for the practice of these sports only (site supervision required). Individual classes or classes for occupants of the same residence are permitted. Physical training rooms (gyms) are closed.
- Outdoors, recreational or sports activities may be enjoyed by occupants of the same private residence or by a group of a maximum of 8 people. One person may be added to provide supervision or instruction. Physical distancing is required between people from different residences.
- Places of worship are limited to 25 people.
- Movie theaters are open with a maximum of 250 people per theater and masks are mandatory.
- For all red zone measures, please visit the following web site: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/systeme-alertes-regionales-et-intervention-graduelle/palier-4-alerte-maximale-zone-rouge>

The measures may be lifted for these three sectors of the region since the situation has improved in terms of the number of cases, outbreaks and hospitalizations related to Covid-19. However, we urge the public to be very cautious as the situation could quickly deteriorate if sanitary measures are not maintained. The application of sanitary measures remains the best way to protect ourselves while the vaccination coverage of the population is constantly improving. Therefore, if you have not already done so, we strongly encourage the adult population to make an appointment to be vaccinated.

We would also like to remind the population of the importance of getting tested if you have any symptoms of COVID-19, even mild ones, or if you have been in contact with people who have the virus.

For any information on the Covid-19, the population is invited to visit the Quebec government website at www.quebec.ca/coronavirus or our website with the Covid-19 information for the Outaouais at <https://ciyss-outaouais.gouv.qc.ca/covid-19/>.

For those with symptoms or concerns about Covid-19, call the dedicated information line at 1-877-644-4545.