

Caution is still advised: maintaining good practices acquired during the pandemic

Saint-Jérôme, May 8, 2020 – Now that Spring is here, the population must remain vigilant and maintain good practices adopted during the lockdown. The Director of Public Health for the Laurentians reminds the population of the importance of maintaining good practices acquired during the pandemic. The successful easing of measures greatly depends on people's willingness to apply the new health guidelines in their daily lives.

On fine days, it can be tempting to make the most of municipal or MRC-provided infrastructure and conveniences. In all cases, you must comply with the guidelines issued by the authorities and see that they are obeyed. We take this opportunity to emphasize a few specifications relating to the progressive easing of the lockdown, because re-openings at the end of a pandemic must not be understood as a return to former ways.

To ensure success of the easing of measures now underway, we remind you to practice:

- Social distancing (keeping a distance of two metres between individuals who do not reside together);
- Frequent hand-washing and respiratory hygiene.

For information on guidelines, visit the Québec government website regularly.

In addition, if you experience COVID-19-associated symptoms, stay home and call the toll-free hotline at 1-877-644-4545. The main symptoms are as follows:

- Fever;
- Cough or worsening of an existing cough;
- Difficulty breathing;

or

- Sudden loss of the sense of smell without nasal congestion, with or without loss of the sense of taste.

Symptoms may be light and similar to those associated with the common cold. They can also be more severe, like those associated with pneumonia or pulmonary impairment.

"I want to thank the population for respecting the guidelines issued so far. With these simple gestures, everyone can make a difference," concluded Dr. Éric Goyer, Director of Public Health for the Laurentians.

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450 432-2777, poste 22898
Sans frais 1 800 363-2507, poste 22898