

# Communiqué de presse

Pour publication immédiate

COVID-19

## The Pays-d'en-Haut and Laurentides MRCs now designated red zones

**Saint-Jérôme, December 11, 2020** – As announced today, two additional MRCs in the Laurentian health region, the Pays-d'en-Haut and Laurentides MRCs, have been designated red zones according to the COVID-19 alert and intervention system. The Centre intégré de santé et de services sociaux (CISSS) des Laurentides wants the public in these two MRCs to understand the measures that will be implemented to slow the spread of the virus.

The measures associated with this change will be in force as of Monday December 14 at 12:01 AM. Measures applying to schools and sports facilities will be in force as of December 17. These measures have been in force for several weeks in the Rivière-du-Nord, Thérèse-De Blainville, and Deux-Montagnes MRCs and in the Town of Mirabel.

As a reminder, Level 4 – Maximum Alert (red) entails more restrictive measures that may include a shutdown of non-essential activities where the risk of transmission cannot be adequately controlled.

Alert levels are established according to the recommendations of the public health authorities who analyze the situation on a regular basis, taking into account the epidemiological situation, transmission control and the healthcare system's capacity. In the Pays-d'en-Haut and Laurentides MRCs, the decision was justified by increasingly widespread community transmission. The number of cases has grown constantly during the last week.

"The rapidly evolving situation in both sectors in the last few days leaves us no choice but to mandate heightened health measures by designating them Level 4 zones. By limiting your contacts and reducing your activities, you will make it possible to control the spread. I ask for your cooperation as compliance with these health measures will be crucial for the situation to improve," said Dr. Éric Goyer, regional director of public health for the Laurentians.

For people and businesses in these areas, the Level 4 (red zone) designation entails the following measures:

- Private gatherings, whether indoors or outdoors, are prohibited;
- It is not recommended to travel from one region to another if you live in a red zone. Essential travel (e.g. for workers, students, shared custody, transport of merchandise) is authorized;
- Restaurants and food courts located in shopping centres and grocery stores are closed, except for deliveries, take-out or drive-through orders;
- Bars and nightclubs are closed;
- Saunas and spas are closed, except for personal care provided therein;
- Libraries other than those in educational facilities are closed, except for circulation desks;
- Performing arts and movie theatres are closed, including all venues;
- Gyms are closed;
- All indoor spaces other than private residences or other living spaces are closed, when used for holding social activities or events.

### Long-term care facilities (CHSLDs) and private seniors' residences (RPAs)

- Visits for humanitarian reasons;
- Visits by caregivers (1 person at a time, for a maximum of 2 visitors per day in CHSLDs).

### Preschool, elementary and secondary school

- Extracurricular activities are suspended;
- School outings and activities between schools are suspended;
- Alternate day attendance for Secondary 3, 4 and 5 students.

### **Sports and leisure**

- Organised sports, physical or leisure activities are prohibited;
- Sports or physical activities practised individually or in twos in compliance with health guidelines are authorized;
- Indoor sports installations are authorized to open for individual practice, but access to change rooms is prohibited, except for bathrooms. Change rooms may remain open for access to free swimming and for sport-study and sport concentration program activities;
- The number of individuals present onsite is determined by site managers according to infrastructure capacity and must allow for strict compliance with physical distancing and no-contact measures.
- Competitions and spectators are prohibited. While keeping to a minimum number of individuals, companions are permitted when necessary (e.g. a child's parent or a disabled person's companion).

As a reminder, in the Antoine-Labelle and Argenteuil MRCs, Level 3 (orange) measures are still in force. For information about health measures associated with each alert level, please visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/>.

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