

### Laurentians remain a Red Zone

**Saint-Jérôme, March 4, 2021** – While the Laurentian health region remains a level 4 (maximum alert) Red Zone for now, the Centre intégré de santé et de services sociaux (CISSS) des Laurentides reminds you that it is important to comply with current health regulations and guidelines.

In recent weeks the epidemiological situation has remained stable in the region as the number cases, hospitalisations and deaths diminished slightly. With the emergence of new variants however, the situation continues to warrant very close scrutiny and added caution.

As a reminder, measures in force in red zones are as follows:

- Curfew from 8:00 PM to 5:00 AM;
- Reopening of non-essential businesses, including personal care establishments and beauty salons;
- Reopening of museums and libraries;
- Resumption of outdoor activities involving up to 8 people.

Gatherings in private homes and on private property are still prohibited, working from home remains compulsory, and the easing of restrictions relating to swimming pools, skating rinks and movie theatres is maintained. In red zones, guidelines regarding places of worship continue to apply, allowing for gatherings of up to 10 people, except for funerals, which are limited to 25 maximum.

In addition, certain extracurricular pre-school, elementary and secondary school activities will be allowed to resume on March 15, in class “bubble” settings only.

If the epidemiological situation remains favorable, further adjustments could be added in the coming weeks for auditoriums, places of worship and sports.

In every case, compliance with health regulations continues to be crucial.

“The vaccination campaign now underway is an important source of hope for the region. We are making every effort to vaccinate the most vulnerable members of our community as fast as possible. The arrival of variants of the virus necessitates even stricter compliance with protective measures. This is no time to lower our guard and I call on every citizen’s sense of responsibility to do their part in this effort,” said Ms. Rosemonde Landry, President and Executive Director of the CISSS des Laurentides.

For more information on the Progressive Regional Alert and Intervention System, visit <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progressive-regional-alert-and-intervention-system/map-of-covid-19-alert-levels-by-region/>

For more information on the coronavirus and measures in force: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

-30-

Source : Service des relations médias, relations publiques et à la communauté  
Direction générale  
450 432-2777, poste 22898  
Sans frais 1 800 363-2507, poste 22898