

COVID-19 UPDATE

Gatineau, March 11, 2020 - The Outaouais CISSS wants to reassure the population that we are ready to deal with the first case of COVID-19 in the region. Since January, the Covid-19 virus has been spreading in several countries, including Canada. It is most often spread through close contact with an infected person when that person coughs or sneezes, or through hand contact with infected surfaces and then through the mouth, nose or eyes. Symptoms include fever, cough and difficulty breathing. Symptoms may be mild, similar to a cold, or more severe, such as those associated with pneumonia and lung or kidney failure.

In general, coronaviruses do not survive long on objects, either about 3 hours on inert objects with dry surfaces or 6 days on inert objects with wet surfaces. The best way to reduce the risk of spread is through basic hygiene measures such as:

- Wash hands regularly with warm running water and soap for at least 20 seconds;
- Use an alcohol-based hand sanitizer if soap and water are not available;
- Follow good hygiene practices when coughing or sneezing such as coughing into your elbow;
- Avoid getting your hands in your mouth, eyes and nose.

The Outaouais CISSS takes the situation seriously and is ready to respond to any future cases in the region. The Operational Committee in charge of monitoring the situation is active and is mandated to respond to the following responsibilities, among others:

- Apply ministerial directives and ensure access to professionals;
- Determine service trajectories for patients with symptoms.
- Ensure rigorous management of the inventory of personal protective equipment and coordination of N95 mask testing.
- Inform the public and staff about the situation surrounding COVID-19

To learn more about coronavirus, the public is invited to consult: quebec.ca/coronavirus. Anyone who has concerns about symptoms should first contact 811.

Anyone with concerns about COVID-19 can contact Services Québec at the following information line: 1-877-644-4545.

For more information :

Marie-Pier Després

Information Officer - Media Relations

Centre intégré de Santé et de Services sociaux de l'Outaouais 07.relations_medias@ssss.gouv.qc.ca

Telephone: 819 966-6583