

Friday January 8, 2021

Object: Government guidelines / COVID-19 prevention



Dear residents,

At Wednesday's press briefing, the Prime Minister announced new containment rules for the entire population of Quebec. The purpose of these instructions is to slow down the chain of community transmission which is at a critical level throughout the province.

These new instructions will take effect from Saturday January 9 and will continue until February 8 at a minimum.

Instructions for the entire population of Quebec:

- Mandatory curfew from 8:00 p.m. in the evening to 5:00 a.m. the next morning;
 - We must advise you that if you choose to break the curfew anyway, the police are authorized to issue fines ranging from \$ 1,000 to \$ 6,000.
- Only outside outings to take a walk, practice an individual activity or go to an essential shops are permitted, but must be done before the curfew;
- No indoor or outdoor gathering is allowed;
- All non-essential businesses remain closed, except for those where pickup or delivery is possible (example: restaurant);
- Interregional travel remains prohibited;
- It is forbidden for a single person to visit a family bubble.

Concretely, here are the changes to the residence:

- All group or bubble activities must be suspended. Only individual activities can be maintained, for the moment, while respecting the health protocol of each;
- Caregiver visits are allowed, but it is important to stick to essential visits.
 - Only one caregiver per day is authorized and the number of caregivers must now be limited to 2 eligible per apartment;
 - If you currently have more than two authorized caregivers, it is your responsibility to identify a maximum of two.
- Unfortunately, during confinement, the MSSS may force all RPAs to close their dining rooms, despite all the strict and security measures in place... We are awaiting official directives by actively preparing for them.
 - We will notify you a day in advance if we are required to start delivering meals to the apartments.

- If you want to add a meal plan to your lease for the time of confinement, it is possible to do so. Please quickly contact your accommodation advisors to make this addition.
- If the dining room is closed, delivery will be free of charge.
- The hairdressing salon and beauty services remain closed. However, essential care such as foot care, denturist and audiologist are still possible, by appointment only.
- The convenience store of the residence remains open so you can do your shopping there and avoid going outside;
 - Family members can also bring you groceries via our front desk security protocol.
 - You can also ask for help from your animator in leisure via the reception to do your grocery shopping online and organize delivery to the residence.
- For the moment, all care and services, housekeeping, laundry and bedding services are maintained.
- It is always possible for your families to reserve a time slot at the *Contactless Safe Parlor* in some of our residences. Ask at reception.

Like you, we can't wait for life to return to some semblance of normalcy. We all need to go the extra mile to stop community transmission and stay healthy! Let us remain vigilant, continue to protect ourselves, but above all, let us be positive that the Sun will rise soon to erase the grayer days that we have passed through!

Please know that our team will put a lot of effort into sharing with you daily alternative activities, suggestions and tips to prevent deconditioning and keep you healthy. Rest assured, we will continue to keep you informed as the situation develops. In the meantime or if you have any concerns, please do not hesitate to contact reception 24/7.

- The Management ☀