

Friday, February 5, 2021

Object: Easing confinement / COVID-19 Prevention



Dear residents,

At Wednesday's press briefing, the Prime Minister announced the easing of some of the containment measures currently in force throughout the province of Quebec. These new guidelines differ depending on the red or orange alert levels in each region. We can confirm that, as of today and until at least February 22, **all of our residences are located in the red zone.**

Shopping centers and non-essential businesses (stores, hair and beauty salons, museums and libraries) are reopening their doors. However, these places outside the residence are not recommended for seniors. Increased surveillance of gatherings or loitering in shopping centers will be added and punishable by fines from the police.

Containment measures until February 22:

- Curfew from 8:00 p.m. in the evening to 5:00 a.m. the next morning remains mandatory;
 - All outside outings must be carried out before the curfew, under penalty of receiving a fine; by the police
- No indoor or outdoor gathering is allowed;
- Restaurant dining rooms remain closed. However, pick-up and delivery are still authorized;
- The theaters and cinema remain closed;
- Interregional travel remains prohibited;
- It is forbidden for a single person to visit a family bubble.
- All group or bubble activities continue to be suspended. Only individual activities can be maintained, for the moment, while respecting the health protocol of each;
- Outdoor activities in groups of a maximum of 4 residents are authorized. Time slots for supervised outdoor walks will be offered.
 - Do not hesitate to offer your good ideas for outdoor activities to your animator in leisure.

- Hairdressing salon and beauty services are now authorized, by appointment only. (*Except for residences affected by an outbreak*)
- The dining room of the residence unfortunately remains closed, an obligation of the Ministry. We therefore continue delivery to the apartments;
 - Since the dining room is closed, delivery is free of charge.
- The residence convenience store remains open;
- Caregiver visits are still authorized. Only one caregiver per day is authorized and the number of caregivers remains limited to two per apartment;
- 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.

We are impatiently awaiting the press briefing from the Minister responsible for Seniors and Informal Caregivers, Marguerite Blais, who should announce specific adjustments for seniors' residences. Please be assured that we will keep you informed of any changes announced.

We remind you to be very careful when going outside because community transmission is still very high in areas located in the red zone. Let's stay positive that further easing will be expected on February 22 if the situation continues to improve in the province.

Good news: vaccines have arrived in some areas, check out the status update of our residences on our website.

You can contact reception at any time if you have any questions or concerns!

- The Management