

The **Direction de santé publique de l'Outaouais** would like to inform you of an update on our **support offered to community organizations** in the context of the **applications of COVID-19 health measures**

As you know, **most government health measures** have been lifted for a few weeks now. Everyone is learning **at their own pace the idea of living with this virus** in our lives and our living environments.



What does it mean? Is life really like it used to be?

Yes and no! We are in transition to find a balance between **returning to normal** and **being cautious**.

We remain **collectively responsible** for putting in place **reasonable means to reduce risks related to the spread of the virus**.

Basic health instructions therefore **protect us from COVID-19**, but also from other viruses. They remain **important to this day**.



Promoting **hand hygiene** for all



Mask wearing or face covering is **mandatory for people aged 10 and over** in most enclosed public places



Whenever possible, **stay at least 1 metre** (about 3 feet) from other people who **do not live in the same household as you**



During gatherings **open windows and doors** regularly to create a **cross-breeze of fresh air**



To help you ensure a **safe environment during your projects and activities**, you will find a **checklist** on the following page that suggests **general preventive measures**. These measures **may change according to the epidemiological situation**.

If you have any **questions or concerns regarding the preventive measures** to be put in place for your **projects and activities**, do not hesitate to **contact us by email** at the following address :

07.dspu_questions_covid-19@ssss.gouv.qc.ca



Health measures checklist



1. Allow participants to make an informed decision about whether or not to attend the activity

Before the activity is held, using your usual or other communication mechanisms (e.g. newsletter, email, Facebook of your organization) :

- ☐ Inform participants of the health measures that will be put in place
- ☐ Caution people not to come to the event if they have symptoms or a positive result of COVID-19

2. Promoting hand hygiene for all

- ☐ **Necessary materials** (dispenser of hydro alcoholic solution 60% to 80% alcohol, running water, soap, sinks, disposable paper, contactless bins) placed **in strategic locations** (e.g. entrance, exit, service counter, meal area)

- ☐ **Presence of posters recalling the measures** on hand hygiene, respiratory etiquette (cough into your elbow, throw away tissues), wearing a mask, etc. Use pictograms in addition to the text to better reach all audiences

3. Wearing a mask or face covering

For general population

- ☐ Mask wearing or face covering* is **mandatory in enclosed public places** including circulation areas for all people aged **10 and over**

***Clarification :** The mask or face covering may be removed temporarily only if it would significantly hinder someone from practising physical activity (e.g. breathing issue related to the intensity, wearing a protective helmet, safety issue) or if it does not provide significant protection, for example when there is a large distance between the players (e.g. badminton)

The removal of the mask is also possible for amateur musicians/singers (unpaid) during shows or for the practice of instruments that require it. During social events such as a cocktail party, the mask can be removed **when eating or drinking at a table**

For employees and volunteers

- ☐ Wearing a **high-quality medical mask at all times*** is no longer mandatory if there is a distance of **1 metre OR the presence of physical barriers** (exception : wearing a mask at all times in transport bus, car, and truck). However, wearing a mask **remains mandatory in circulation areas**. To find out about any changes, **regularly consult the CNESST instructions**

***Clarification :** The medical masks must comply with the American Society of Testing and Materials standard : ASTM F2100 level 1. The type IIR mask certified under European standard EN 14683 can also be an acceptable alternative as well as those of the [BNQ attestation booklet 1922-900](#)

4. Ventilation and aeration of premises

Mechanically

- ☐ Be sure to follow the manufacturer's recommendations regarding **maintenance of ventilation systems**, number of air changes per hour, etc.
- ☐ **Disable air recirculation mode** for central ventilation systems
- ☐ Do not turn off the ventilation during nights or weekends. **Operate at reduced speed when the premises are empty**
- ☐ If using an **air conditioner or fan** (fixed or portable) consult the [INSPQ recommendations during heat waves](#)

Manually

- ☐ **Open windows 10-15 minutes, at least twice a day**, at certain strategic times of the day when the premises are unoccupied (during breaks, during meals, after an activity, etc.)
- ☐ Whenever possible, keep the **doors of the premises open**. In the case of an outdoor tent, do not close all sides

5. Facility cleaning and disinfection

- ☐ **Clean commonly touched surfaces** (e.g. toilets, tables, chairs, door knobs, light switches, computer accessories) at **least every 8h** or more in high traffic area (e.g. every 2 to 4 h) and **disinfect** them **once a day**
- ☐ **Clean** commonly touched surfaces of the **lunchroom between each meal period** and **disinfect the room once a day**

6. Distancing – layout of premises and management of circulation areas

For general population

- ☐ Whenever possible, stay at least **1 metre (about 3 feet)** from other **people who do not live in the same household**
- ☐ Pay attention to places at **risk of bottlenecks** (entrance and exit, changing rooms, waiting lines, etc.) in order to promote **fluid circulation**
- ☐ **Staggering** the arrival times of participants to **avoid long waiting lines and crowds**
- ☐ Plan for **delays between arrivals and departures** of groups of participants (e.g. in the case of large-scale events)
- ☐ Separate entrance and exit if possible

For employees and volunteers

- ☐ Wearing a **high-quality medical mask at all times*** is no longer mandatory if there is a distance of **1 metre OR the presence of physical barriers** (exception : wearing a mask at all times in transport bus, car, and truck). However, wearing a mask **remains mandatory in circulation areas**. To find out about any changes, [regularly consult the CNESST instructions](#)
- ☐ The distance of **1 metre** applies between **employees/volunteers** and also between **employees/volunteers and participants**
- ☐ **Unmasked singers and wind instrumentalists** : distance of **2 metres** between themselves and with other musicians during the performance
- ☐ **No physical distancing** or physical barriers are required **when eating in the dining and break rooms**. Wearing a quality mask is required when there is no food consumption

7. Food services

- ☐ **Frequent hand washing** and good food and safety practices respected, as recommended by MAPAQ
- ☐ “Self-service” buffets are allowed. Ideally, the **service should be carried out by the same person** in order to limit the sharing of utensils, but not mandatory. Hand hygiene before and after
- ☐ **No limit of participants per table** during meals. Distance of 1 metre between tables recommended, but not mandatory

We would like to thank our colleagues from the **Direction de santé publique du CIUSSS de la Capitale-Nationale** for creating and sharing the checklist