



Coronavirus : what you must know

The health and safety of our citizens and employees is of utmost importance to the Municipality of Mille-Isles. In light of recent developments in national news, our goal is to limit the spread of the virus as much as possible. To this end, the Municipality has introduced various preventive measures on its municipal premises. **These means of prevention are also strongly recommended to all our citizens.** Rest assured that we are monitoring the situation very closely.

The Municipality has established three priorities:

- Protect the health and safety of its employees;
- Maintain municipal services to citizens;
- Respect measures that could be implemented by the Public Health Branch and the Department of Health and Social Services.

Symptoms

COVID-19 is a new disease that had not yet been identified prior to this outbreak. Infection often causes mild symptoms but can sometimes be severe for some people, especially those with weakened immune systems or chronic illnesses. In **rare** cases, the disease can lead to death. The main symptoms related to the virus are fever, cough and breathing difficulties. Usually the coronavirus infects the nose, throat and lungs.

Spread

It is most often spread by:

- close contact with an infected person when that person coughs or sneezes;
- contact of hands with infected surfaces and then with the mouth, nose or eyes.

Symptoms may take up to 14 days to appear after exposure to COVID-19. In addition, in general, the coronavirus does not survive long on objects:

- about 3 hours on inert objects with dry surfaces;
- 6 days on inert objects with wet surfaces.

Prevention

Although the risk of this virus remains low in Canada, we would like to put in place internal preventive measures and communicate to you the recommended hygiene guidelines to avoid the spread of such a virus, namely:

- Wash [your hands](#) often with warm running water and soap for at least 20 seconds (french only) ;
- Use an alcohol-based disinfectant if soap and water are not available;
- Observe good hygiene [when coughing or sneezing](#) (french only);
- Cover your mouth and nose with your arm to reduce the spread of germs;
- If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.

Note that it is also very important to avoid contact between hands and face and to wash your hands (soap or antiseptic solution) after using public places and public transportation.

Council meetings are and shall remain open to the public. Usual hygiene measures are applicable for board members and the public. The municipality will make alcohol-based disinfectant stations available to the public.

The Centre Intégré de Santé et de Services Sociaux (CISSS) des Laurentides is in close contact with ministerial authorities and has taken the necessary action in this situation. Anyone who believes they have developed symptoms that may be related to a COVID-19 infection can contact the Info-Santé line by **dialing 811**, where health professionals are available 24 hours a day to advise and refer them to the right services. In addition, for people who do not have symptoms but have concerns or questions about this virus, the following **information line can be called: 1-877-644-4545**. If you would like more information about coronavirus, we invite you to visit the following website: [http://www. quebec. ca/coronavirus](http://www.quebec.ca/coronavirus) (French only).