

GET-TOGETHERS

Decisions and safety recommendations for get-togethers

- Since May 22, throughout Québec, it has been possible to meet with people from other households.
- It is still important however, to maintain a distance of two meters from others and to try to keep such get-togethers with the same people rather than different people each time.
- Outdoor get-togethers should be favored over indoor get-togethers.
- Keep a small social circle. Try to always meet with the same people. Outside is better.
- Stay at home if you have COVID-19-like symptoms such as cough, fever, difficulty breathing, loss of smell, unusual headache, unusual fatigue, sore throat, muscle ache or diarrhea. Call 1-888-662-7482 to be tested.

Recommendations specific to **outdoor** get-togethers:

- Carry hand sanitizer or soap and water to wash hands.

Recommendations specific to get-togethers in household:

- When intending to visit a household where an Elder or someone with a chronic illness lives, ask for their permission to visit.
- Authorities may intervene if there are more than 5 visitors in one household.

Basic recommendations for indoor and outdoor get-togethers:

- Wash hands often (for a minimum of 20 seconds).
- Cough or sneeze into the crook of the elbow or into a tissue and discard the tissue immediately.
- Maintain a safe distance of two meters from people from different households.
- Limit the number of people present and the number of members from different households.
- Avoid physical contact (hugs, handshakes) with people from different households.
- Wear a mask if a distance of two meters from others cannot be maintained, especially in presence of Elder or vulnerable person.
- Do not share items that get in contact with saliva, e.g. bottles, dishes or cigarettes.
- Limit the sharing of equipment, as well as money exchange if possible
- Stay at home if you have COVID-19-like symptoms. Call 1-888-662-7482 to be tested.



In addition, for indoor gathering in public places (e.g. community hall):

- Make hand sanitizing installation readily accessible at all time
- Ensure good ventilation of the room and open windows when possible
- If feasible, keep a log of people with their name and date of participation to facilitate a public health inquiry if needed.
- Disinfect highly touched surfaces on a regular basis (e.g. door handles, tables, equipment)