

Detailed recommendations:

1. Comply with isolation instructions whenever applicable

- Children and NYHA staff with symptoms of COVID-19 or who have tested positive for COVID-19 should not attend youth centres until they have been cleared by a health professional.
- Children and NYHA staff returning from the South must complete their quarantine and be free from symptoms of COVID before attending the youth centre. They are not permitted to attend the youth centre while in quarantine.
- Children and NYHA staff who are considered as contacts of a COVID-19 case must be assessed and cleared by a health professional before attending the youth centre.

2. Follow hand hygiene and respiratory hygiene/cough etiquette

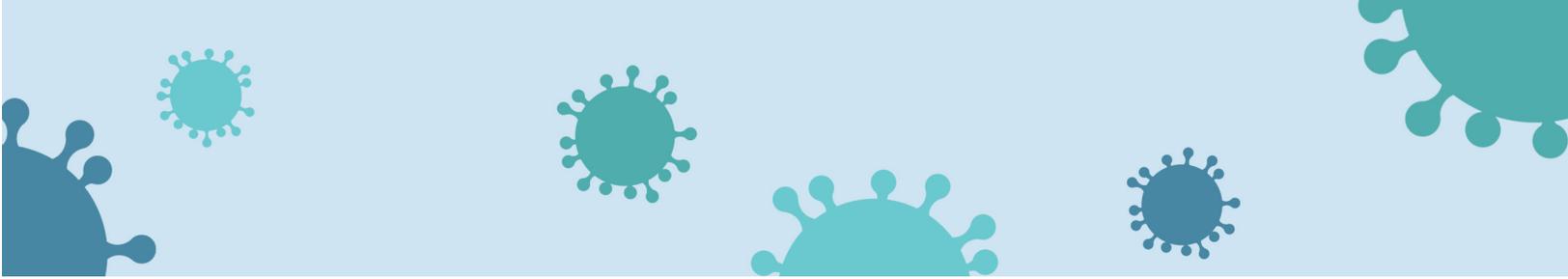
- Promote hand hygiene measures by making the necessary materials available (alcohol-based sanitizers, contactless trash cans, disposable paper towels, etc.).
- There must be proper ventilation that ensures good air circulation. It is essential that ventilation systems are maintained properly in accordance with the regulatory requirements for the type of establishment. It is also important to ensure that air is not blown directly on people.
- When possible, open windows during working hours to ensure good air circulation.
- Install hand-sanitizer dispensers at strategic points (entrance/exit, washrooms, kitchen).

2.1 Promote the practice of respiratory hygiene/cough etiquette:

- Cover your mouth and nose when coughing or sneezing, using tissues or the bend of the elbow, and wash hands afterwards.
- Immediately throw used tissues into the trash and wash your hands.
- Ideally, use contactless trashcans.
- Do not touch your mouth or eyes with your hand.

2.2 Handwashing/disinfecting when:

- Entering the youth centres
- At the start and end of every activity
- Before going to the toilet and immediately after
- Before snacks
- After blowing nose or when hands are soiled



For general information related to COVID-19, contact 1-833-301-0296, chat with the NRBHSS Facebook page through *Messenger* or consult the webpage <https://nrbhss.ca/en/coronavirus>.

A public-health scientific committee revised these guidelines.

Useful links

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

https://nrbhss.ca/sites/default/files/covid19/Coronavirus_recommendations_EN.pdf

<https://www.inspq.qc.ca/sites/default/files/covid/2946-community-organizations-covid19.pdf>

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-wash-cloth-face-coverings.html>

<https://www.canada.ca/en/health-canada/services/drugs-health-products/disinfectants/covid-19/list.html>