

An approach adapted to the different regions to limit transmission of the virus

It is now more important than ever that we follow health measures to limit the spread of the virus. It is essential that each of us remains vigilant and adopts good habits. Since the virus is not spreading everywhere at the same rate, a new tool has been implemented to show how the situation is evolving in each Quebec region. This four-level alert system will make it easier for you to keep track of the government's interventions.

We must contain the spread of the virus throughout Quebec. This is how we can retain some level of normalcy over the next few months. Each region can make a big difference in limiting the spread of the virus. Let's continue to protect each other.

Progressive regional alert and intervention system

The Progressive regional alert and intervention system specifies which additional measures each health region must take to slow the transmission of the virus. These depend on the alert level reached and are intended to limit the health, social and economic impacts of COVID-19, protect those who are most at risk and avoid overburdening the healthcare system.

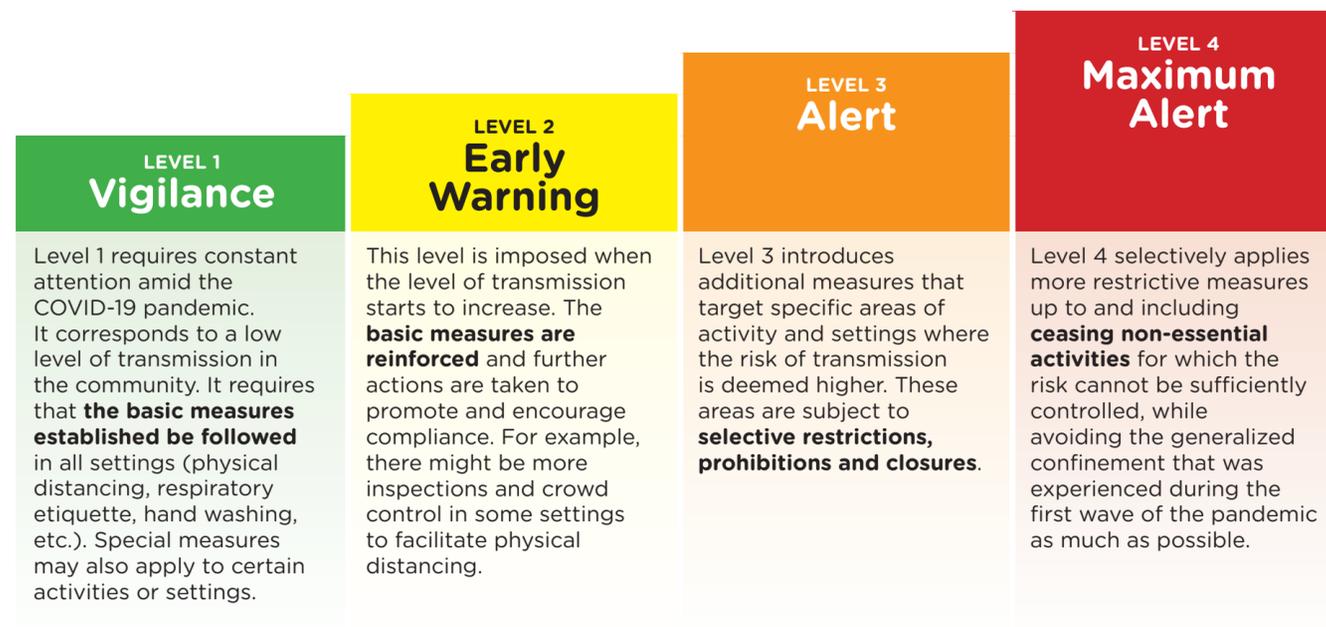
The alert levels are established based on the recommendations of public health authorities who regularly review the situation, taking into account the epidemiological situation, transmission control and the capacity of the healthcare system.

Don't forget that everyone must adopt behaviours that limit transmission of the virus. We do it to ensure that our children can keep going to school, to protect our seniors, to ensure the safety of our healthcare workers and to revive our economy. **Follow the basic measures at all times:**



- > Keep your distance
- > Wear a face covering
- > Cough into your elbow
- > Wash your hands
- > Adapt your greetings

FOUR ALERT AND INTERVENTION LEVELS



To find out the alert level in your region, consult the Map of COVID-19 alert levels by region at [Québec.ca/alertlevels](https://quebec.ca/alertlevels).

[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

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