

Understanding Red Zone Restrictions

Full alert!

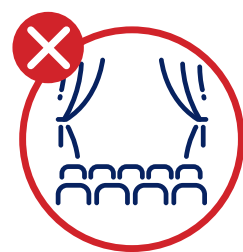
In red zones, where the situation is critical, stricter measures must be enacted because the number of cases is rapidly increasing. People in these zones must limit social contact as much as possible to prevent virus transmission. By applying all measures, we can fight COVID-19 more effectively. No single measure is sufficient on its own.

The more we limit contact with other people, the sooner we can resume our activities.



Why are restaurants and bars considered high-risk places for spreading COVID-19?

We usually gather in places like bars and restaurants to socialize with friends, family, and colleagues. In these places, we are often close to other people. Both talking and eating greatly increase the risk of virus transmission. Restrictive measures in red zones are meant to minimize close contact between people who do not live at the same address.



Why ban activities and audiences in public places?

Large gatherings are an opportunity for people to socialize, often in close proximity to one another. This can increase the risk of virus transmission. The ban on activities and audiences in public places in red zones is meant to minimize social contact between people who do not live at the same address.



Why close gyms and stop team sports?

Gyms provide an opportunity for people to socialize with others, and so do many sports and leisure activities. Group sports generally involve social contact with teammates. Some sports are difficult to play while maintaining physical distance. Stricter measures in red zones are meant to reduce close contact between individuals and thus slow the spread of COVID-19.



Why must face coverings be worn in high school classrooms in red zones?

Young people are currently overrepresented in COVID-19 case counts and a number of outbreaks have occurred in the school system, mainly in red zones. According to field observations and what we know about how the virus spreads, high schools pose more risk than primary schools.

High school students are older and capable of wearing masks or face coverings for longer periods of time. Therefore, in red zones, face coverings must be worn by all high school students at all times in common areas, including in stable class groups, on school grounds, and during electives with different class groups.

We need to act now

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/zonerouge](https://quebec.ca/zonerouge)

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