

# CORONAVIRUS (COVID-19)

# March 29<sup>th</sup>

REMINDERS AND  
NEW GOVERNMENT DIRECTIVES

Health emergency throughout Québec

## NO NON-ESSENTIAL TRAVEL ANYWHERE IN QUÉBEC

Travel to certain remote areas  
and territories is subject to  
**roadside INSPECTIONS** 

The Sûreté du Québec is conducting  
**INSPECTIONS**   
along the US border

Anyone returning to the country  
is **obliged to self-isolate at home**  
for 14 days

**NO visits**  
to seniors' homes and **no unsupervised  
outings** for residents



**NO non-essential TRAVEL**

- between regions
- between cities
- between neighbourhoods

The **MONTRÉAL** and **ESTRIE**  
regions are to be avoided

**NO TRAVEL  
to cottages**

Cottage rentals are from  
now on prohibited



418/450/514/819 or 1 877 644-4545  
[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Votre  
gouvernement 

Québec 