

BULLETIN COVID-19

December 18 2020



LA SANTÉ PUBLIQUE POUR TOUS
PUBLIC HEALTH FOR ALL

SITUATION AND PUBLIC HEALTH RELEASES

- **Updated** – Epidemiological Data
 - In Québec : 171 028 confirmed cases, 143 749 recovered, 7 635 deaths (December 18)
 - [Data of the CIUSSS West-Central territory](#) (December 17)
 - [Montréal Island, boroughs and cities \(December 15\)](#)
 - [Interactive map of COVID-19 in Québec, by Université Laval](#)

- **Updated** – Public Health Releases, studies and Tools
 - **Santé Montréal's winter guidelines** Santé Montréal is reminding us that a scarf or neck warmer does not replace a face cover or mask. Similarly, wearing gloves and mittens is not a substitute for hand washing. To protect yourself from COVID-19 while commuting: wear a face covering, wash your hands regularly, use a hydroalcoholic solution on your hands, if necessary, avoid eating, drinking and talking during your public transit journey. To learn more, visit Santé Montréal's [Faceook Page](#) or [website](#).
 - **Health tips for winter** The MSSS today launched its "Winter Health Tips" campaign. It covers cold weather, outdoor activities, indoor comfort and advice on preventing influenza and gastroenteritis. You're invited to visit the "Winter Health Tips" page [FR](#) and [EN](#), and [Facebook](#)
 - **Telehealth is now!** Do you know about telehealth? It's a way to offer healthcare services from a distance, with the help of technology. It provides access to specialized expertise, while reducing the inconvenience of commuting. To familiarize yourself with this new method of receiving services, visit the [telehealth section of the government of Quebec website](#) or read the [PDF](#) (French)

- **New** – Medias
 - **360° Newsletter: [How to socialize with colleagues and keep safe](#)** How can we share downtime with our colleagues, without sharing COVID-19? Here are some tips from Dr. Leighanne Parkes, infectious disease specialist and microbiologist at the JGH, on how you can socialize without putting yourself and your co-workers at risk.
 - **360° Newsletter: [These masks are changing the face of healthcare in our CIUSSS](#)** Facemasks have made it harder for everyone to communicate, whether it's deciphering words or reading emotions. For the deaf and hard of hearing, facemasks become a major obstacle in day-to-day life. But there is one place where people with hearing loss can count on clear communication: at the Lethbridge-Layton-Mackay Rehabilitation Centre in our CIUSSS.
 - **JGH NEWS: [Major expansion for biobank that stores COVID-19 samples](#)** A major expansion is coming to the Quebec COVID-19 Biobank at the JGH to help researchers

improve the diagnosis, treatment and outcomes of patients with the virus. The biobank is Canada's largest and most widely used collection of biological samples of COVID-19.

- [Interview with Dr. Lawrence Rosenberg on CTV News](#) In his interview, Dr. Lawrence Rosenberg, President and CEO of CIUSSS West-Central Montreal, discussed the recent outbreak of COVID-19 at Donald Berman Maimonides Geriatric Centre. He also commented on Montreal's position in the healthcare system, compared to the rest of Quebec and Canada.
- [Interview with Dr Karl Weiss on 98.5 FM](#) The number of cases of COVID-19 is increasing among the public and in intensive care units. What are the challenges for the healthcare system and what to expect in case of a third wave of the pandemic in January ?
- [Adapting to cold weather while respecting Santé publique's recommendations](#) How do we cope with cold weather—along with winter symptoms such as sneezing and runny noses—while keeping ourselves and others safe from COVID-19? Dr. Matthew Oughton, a microbiologist in the JGH Division of Infectious Diseases, explains the best practices.
- [Interview with Dr. Karl Weiss on 98.5 FM](#) The arrival of Pfizer's vaccine is a ray of hope for our healthcare workers. However, the battle in society's hospitals is far from over. That's why healthcare experts are supporting the holiday restrictions. Some have even suggested going further. In an interview on 98.5 FM, **Dr. Karl Weiss**, a microbiologist and JGH Chief of the Division of Infectious Diseases, answers questions about maintaining public health restrictions.
- [Interview with Francine Dupuis on Radio-Canada](#) Our CIUSSS has been given the significant responsibility of participating in an early round of vaccination against COVID-19. The newly approved Pfizer vaccine will be administered at Donald Berman Maimonides Geriatric Centre, one of only two participating sites in Quebec. This opportunity comes with many challenges, and the battle is far from over. In an interview on Radio-Canada, Francine Dupuis, Associate CEO, discusses what lies ahead in this pilot project.

CIUSSS WEST-CENTRAL SERVICES

- **Reminder** – [COVID-19 Prevention Team](#) | [Fact Sheet](#) (FR and EN)
 - The COVID-19 Prevention Team offers partners in the CIUSSS-CO territory (daycare centers, schools, community/housing environments, places of worship) support to implement the recommended prevention measures, support the adaptation of their service offer to the pandemic context and offer assistance in the event of an outbreak of COVID-19.
 - Ressources for [community partners](#) | [schools](#) | [Daycare](#) | [Housing](#)
 - **Link corrected** : [Guide pour le maintien et l'adaptation des activités et des services offerts par les organismes communautaires](#) (novembre 2020, MSSS)
 - Contact : brigadesantepublique.ccomtl@ssss.gouv.qc.ca | [Website](#) (514) 731-1386 # 7015 | Return within 24 to 48 hours.

➤ **Updated** – [COVID-19 Testing Clinics](#)

- *To ensure that people who are at greatest risk are tested, priority will be given to those with symptoms and those who have been in direct contact with an infected person.
- **COVID-19 Testing Clinic in Côte Saint-Luc. Temporary closure.** Residents who need to be tested for COVID-19 because they have symptoms or have been in direct contact with someone who is confirmed to be infected will have to go to the COVID-19 testing clinic at the Jewish General Hospital in Côte-des-Neiges.
- **COVID-19 Testing Clinic on the premises of the Jewish General Hospital.** No appointment necessary. Open every day. From 8:00 a.m. to 7:45 p.m. *December 25 and January 1st : 8 a.m. to 4 p.m. Location : new trailers in the parking lot of the Jewish General Hospital at Légaré and Bourret Streets, across from the Pavilion K entrance. *Note : Designated parking spots will be available in the parking lot next to the trailers, accessible from Lavoie St. Parking fees apply and places are limited.
- **COVID-19 Testing Clinic in Outremont.** Walk-in. Open every day, no appointment necessary, from 1:00 to 8:00 p.m. *CLOSED on December 25 and January 1st Address : 544 Davaar Avenue.
- **COVID-19 Testing Clinic in Park-Extension.** *entrance to clinic on Parc Avenue, behind the CLSC. No appointment needed. Open every day, from 1:00 p.m. to 8:00 p.m. *December 25 and January 1st : 8 a.m. to 4 p.m.

➤ **Reminder** – [Designated COVID-19 assessment clinic](#)

- For people who need a medical consultation and are experiencing flu-like, gastro-like or COVID-19-related symptoms.
- By appointment only.
- New Location : new trailers in the parking lot of the Jewish General Hospital at Légaré and Bourret Streets, across from the Pavilion K entrance.
- Note : Designated parking spots will be available in the parking lot next to the trailers, accessible from Lavoie St. Parking fees apply and places are limited. Parking for the testing and assessment clinics is not permitted in the hospital's underground parking lot.

➤ **Reminder** – COVID-19 Testing for community workers and users

- We offer testing of employees, volunteers or users of community organizations using the [attached form](#). The person must have COVID-19 symptoms or have been in contact with a COVID-19 infected person.
- If necessary, consult the [details of the procedure](#).

➤ **Reminder** – [Test Centers](#)

- **IMPORTANT** : Please note that the JGH Test Center (for blood and specimen collection) will be closed from December 21 to January 3, reopening January 4.
- *Please note that Collection Centres **are not** [COVID-19 Testing Clinics](#).

- ***All Test centers are by appointment only.** To make an appointment, please visit [CLICANTE.CA](https://clicante.ca). Clic Santé will offer you an appointment, which may not be the same day. If it is not possible to book an appointment online, please call your CLSC or the Jewish General Hospital Blood Collection Centre ([contact information here](#)).
 - Test Center at the Côte-des-Neiges CLSC (5700 chemin de la Côte-des-Neiges, 3rd floor, room 357). Open Monday to Friday, from 7:30 a.m. to 3:30 p.m. Ages 14 and over. For an appointment : [CLICSANTE.CA](https://clicante.ca) ou 514-731-8531.
 - For other Test Centers (located at CLSC Métro, CLSC de Benny-Farm, CLSC René-Cassin, CLSC de Parc-Extension and at the Jewish General Hospital), see the schedule and contact information [here](#).
- **Reminder** – [Virtual group therapy for teens during the COVID-19 pandemic](#)
- Anxiety, depression and other mental health problems are on the rise among teenagers. During the COVID-19 pandemic, these problems can be more difficult to manage, or they may even become worse. For this reason, the Teenage Health Unit at the Jewish General Hospital’s Goldman Herzl Family Practice Centre is offering free virtual group therapy sessions via Zoom (a secure online platform) to youths between the ages of 13 and 19 who would benefit from psychosocial help. [Website](#)
- Please check the [latest update](#) of CIUSSS West-Central Montreal services.

IN THE COMMUNITY

- Immigration :
 - Special measures for refugee claimants working in health care during the pandemic. Communiqué [FR](#) and [EN](#)
 - Special Program for Asylum Seekers during the COVID-19 Period [FR](#) and [EN](#)
- Canada Emergency Rent Subsidy (CERS) [FR](#) and [EN](#)
- Winter recreation: free outdoor sports equipment rental available at the William-Hingston Complex in Parc-Extension throughout the winter. Website [Borough](#) et [City](#) and [Facebook Page](#)
- New night service in the CDN-NDG borough for people needing a warm and safe place to stay. [Communiqué](#)
- [Information pamphlet containing a mental health self-assessment tool](#)
- Center for Research and Expertise in Social Gerontology : « Caregivers of Long-Term Care Residents in the Context of COVID-19 : Current Knowledge, Inspiring Practices and Recommendations » [Report](#) (FR) | [Summary](#) (FR) | [Poster and registration](#)
- [Portrait des éclosions de COVID-19 dans les milieux de garde montréalais et exploration des facteurs de transmission \(FR\)](#)
- [Ressources pour contrer les effets collatéraux des mesures de lutte contre la COVID-19 chez les personnes âgées dans la communauté \(FR\)](#)
- [Services de garde d’urgence en milieu scolaire / Emergency school daycare services](#)

- [Pamphlet des cliniques jeunesse du CIUSSS du Centre-Ouest](#)
- [Brochure - Youth Clinic \(15 to 25 years old\) – CIUSSS West-Central](#)
- [Bulletin d'information pour le milieu de l'itinérance \(FR\)](#)

OTHER SUPPORT

- COVID-19 CIUSSS Central West Hotline: 514 293-1536 or 514 267-7912
- Psychosocial support line for CIUSSS employees and community organizations in the Central West territory. [514 265-6588](#). Seven days a week, 8 a.m. to 4 p.m.

Please note that many of the information in this bulletin has been taken from the COVID-19 Daily Updates of the Communications Directorate.