

MOVING DURING THE PANDEMIC?



COVID-19: A Guide to Good Health Practices When Moving



In the best of time and the worst of times, hundreds of thousands of Quebecers move, often calling on family and friends to lend a hand.

If you are planning a move this year, take steps to protect yourself and your family from the COVID-19 virus.

Before you begin your move, read the following government recommendations to limit the spread of the virus:

- If your move is non-essential, choose to renew your current lease instead.
- If you absolutely must move, hire an accredited moving company that will implement the health safety measures required by the government.

- If you must do the work yourself, limit or avoid receiving help from family or friends. In all cases, follow proper health practices, in particular:



- **Avoid touching your face;**



- **Wash your hands frequently for 20 seconds;**



- **Cough into your elbow;**



- **Keep a distance of 2 metres between yourself and those around you.**



Before your move

- Ask your landlord about the recent health status of previous tenants. If someone who resides or resided in your future home has suffered from the symptoms of COVID-19, contact Info-Santé 811 to find possible solutions.
- Check with the truck rental company or moving company that the truck being used has been disinfected using an alcohol-based solution.
- Make sure you have a sufficient supply of cleaning products on hand.
- Make a step-by-step plan for your move that ensures "social distancing" is respected at all times.
- Place smaller items at the entrance of the residence to limit the leaving and reentering of rooms.
- Clean and disinfect frequently touched surfaces with an alcohol-based solution: furniture, appliances, doorknobs, etc.
- Prepare as many boxes as possible before moving. Make sure to use health safety precautions when handling objects.
- Agree on a time to take possession of your new residence with the former tenant or landlord to avoid having the two groups meet each other on the day of the move.



During your move

- If you have COVID-19 symptoms on the day of your move, postpone the move and apply measures prescribed by Public Health.
- Do not accept help from anyone showing COVID-19 symptoms.
- Before beginning the move, remind those present of the importance of implementing the hygiene measures imposed by government authorities. In order to do this, appoint someone with the role of "Hygiene rules supervisor".
- Avoid having several people in the same room.
- Follow the 2-metre physical distancing rule with everyone. This includes movers or relatives, both inside the residence as well as in building passageways and elevators (two people maximum).
- Use straps to secure and move large appliances in order to comply with distancing measures as well as recognized safety practices.
- Wear gloves, taking care to follow the following instructions:
 - Remove gloves before entering the inside of a vehicle and place them in a resealable bag or container.
 - Wash your hands with soap and water or hand sanitizer every time you remove your gloves.
 - If necessary, put your gloves back on once you have exited the vehicle.
- Entrust your pets to someone who will take care of them outside of the residence.
- Before leaving your residence for the last time, clean empty rooms and disinfect all door handles with an alcohol-based solution out of respect for the next occupant.
- Choose to receive electronic invoices in order to avoid handling paper.

After the move...preparing your new home



- Clean and disinfect all rooms with an alcohol-based solution. Pay particular attention to frequently touched surfaces such as furniture, appliances, doorknobs, etc.

- Wait a minimum of 24 hours before you dispose of empty boxes.



- Do not overly handle dirty laundry. Wash all fabrics, including sheets, towels, and clothing, in hot water using your usual laundry detergent.

- Take special care when disinfecting the bathroom (walls, sink, toilet, bathtub).



For more information visit:

- The [Quebec Government's Coronavirus website](#)
- The [National Institute of Public Health's website](#)
- The [Licence holders' repertory](#)
- Tips for [choosing a moving company](#)
- Tips for a [safe move*](#)
- [Interim recommendations for moving companies*](#)

*not available in English

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