

# ACTIVITIES RESUME AS WE CONTINUE TO PROTECT OURSELVES!

Starting on June 25,  
all sectors of activity can resume

EXCEPT FOR THE FOLLOWING:



Festivals and  
major events



Regular sleepover  
summer camps



Combat sports

**IMPORTANT:** Hygienic instructions must be followed at all times.



Cough into  
your sleeve



Wash  
your hands



Keep your  
distance



Cover  
your face  
(if less than 2 meters)

Special rules may apply to specific activities. Get informed at:

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