

CORONAVIRUS (COVID-19)

Jan. 7

NEW RULES
AND DIRECTIVES IN FORCE

Measures in force from January 9 to February 8, 2021 throughout Québec
except for the territory of Nunavik and the Cree Territory of James Bay

Establishment of a curfew between 8 p.m. and 5 a.m.

- Quebecers are prohibited from leaving their homes or lots, with certain exceptions, summarized below:
 - a person whose presence in the workplace is essential;
 - a person who must obtain the necessary medications following a medical appointment;
 - a person who must go to or return from a hospital, a clinic, or a dentist's or optometrist's office;
 - a person who must visit a sick or injured parent;
 - a student who must participate in a face-to-face evening class or go to a laboratory in a recognized school;
 - a parent who must accompany his or her children to the home of the other parent who has custody of them;
 - a person returning home on a night flight from a work-related trip abroad;
 - a person who must purchase gasoline to go to work;
 - a person who must go out so that his dog can do its business;
 - a person who must accompany to a medical appointment another person who is unable to drive;
 - a parent who must accompany a sick child to the hospital;
 - a parent who must accompany an adolescent to his work.
- Offenders are liable to fines of \$1 000 to \$6 000. For minors 14 years of age and over, the fine is \$500.
- Individuals who are outside their homes must show that they benefit from one of the exceptions stipulated in the Order-in-Council.
- Employers can provide an attestation that justifies necessary travel by their employees. Organizations that have not already produced an attestation can obtain a sample on the [Québec.ca/coronavirus](https://quebec.ca/coronavirus) website.

Indoor and outdoor activities

All indoor and outdoor social or recreational activities must be limited to the family bubble or to individuals residing at the same address.

No group activities are allowed.

Indoor sports activities are prohibited, except for physical education classes and specific programs in the schools, training of designated athletes, and professional sports that have obtained an authorization from public health authorities.

