

GUIDELINES

FOR INTERNS AND MEDICAL RESIDENTS

CISSS DE LAVAL

ON SE PROTÈGE!



Toussez dans votre coude



Jetez vos mouchoirs



Lavez vos mains



Gardez vos distances
1 à 2 mètres

Québec.ca/coronavirus
Sans frais : 1 877 644-4545

Votre gouvernement

Québec

General Conditions To Be Respected

Follow [guidelines issued by the CISSS de Laval](#) to prevent the transmission of COVID-19

Universal Health Measures

- Hand hygiene; respiratory etiquette; wearing a mask; physical distancing of 2 meters when around co-workers, supervisors, personnel, etc.
- Wearing eye protection in hospitals, CHSLDs, RPA private seniors' residences, intermediate or family-type resources, and non-traditional facilities [according to current regulation](#) at the CISSS de Laval.
- Respect of isolation rules when transferring from one zone to another.

Training

Attend [PPE training offered by the CISSS de Laval](#) on site and online.

Personal Protective Equipment (PPE)

Use of PPE is recommended in clinical situations and in teaching/learning situations where prescribed physical distancing of 2 meters is not possible.

Close Monitoring of the COVID-19 Symptoms

Fill out and sign the [Commitment Form of the CISSS de Laval](#);
Notify your supervisor and the teaching institution as soon as symptoms appear (fever, cough, intense fatigue. Other symptoms which may occur: aching muscles, headaches, loss of appetite, sore throat, diarrhea, loss of sense of smell), and do not present oneself in internship. Take a screening test as soon as possible when clinical doubt persists. Call extension 22676 or visit the [Laval en santé](#) website to find walk-in testing clinics locations. For all other questions, contact the [Service de santé of the CISSS de Laval](#).

In case of negative screening test result, wait for the absence of symptoms before returning in internship: compliance with institutions [current policies](#).

Positive screening test result: immediately inform your supervisor, your internship environment, and your attending physician. Follow isolation and [self-care instructions](#) for the duration of illness and eventual return in internship.

Isolation

At all times: self-isolate in case of COVID-19 symptoms appearing, confirmed diagnosis, or close contact with a suspected case or confirmed case. Refer to guidelines issued by public health.

Before an internship in another region: 14 days isolation in the case of travel from a "hot" region (hot zone) to a "cold" region (cold zone). The isolation measure may take place at the beginning of the period of internship or at the end of the preceding period, or overlap two successive internship periods. The isolation period can take place in a "cold" region or in a "hot" region, provided that strict isolation measures are applied.

Technological Modalities

Trainees and supervisors shall not bring any personal belongings in care units. Digital versions of learning tools are favoured.