



SAFETY EDUCATIONAL INFORMATION TO PREPARE THE OPENING OF THE CHURCHES

Information to help you see if you have COVID-19 symptoms

https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Aide_decision/20-210-60FA_aide-decision.pdf?1587498004

Training Videos (French only)

<https://www.inspq.qc.ca/covid-19/formations/sante-au-travail>

Introduction (duration: 5 minutes)

Module 1 - Before leaving for work (duration: 12 minutes)

Module 2 - At work (duration: 45 minutes)

Module 3 – Upon returning from work (duration: 13 minutes)

Module 4 - Conclusion (10 minutes to 25 minutes, depending on the sheet chosen)

Behaviour to Adopt in Public

1. Instructions (French only)

<https://www.inspq.qc.ca/sites/default/files/covid/formation-sante-au-travail/animations/etiquette-respiratoire/story.html>

Social Distancing

1. Instructions (French only)

<https://www.inspq.qc.ca/sites/default/files/covid/formation-sante-au-travail/animations/distanciation-physique/story.html>

2. Physical Distancing (English)

<https://www.canada.ca/en/public-health/services/video/covid-19-physical-distancing.html>

3. Physical Distancing (English)

<https://www.canada.ca/content/dam/phac-aspc/documents/services/publications/diseases-conditions/coronavirus/social-distancing/physical-distancing-eng.pdf>

Hand Washing

1. Instructions (French only)

<https://www.inspq.qc.ca/sites/default/files/covid/formation-sante-au-travail/animations/lavage-des-mains/story.html>

2. Publication: Hand washing (French only)

<https://publications.msss.gouv.qc.ca/msss/fichiers/2012/12-207-04E.pdf>

3. Posters



Hand Washing (French only)

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-207-06E.pdf>

Hand Sanitizing (French only)

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-207-02E.pdf>

Mask

1. How to wear a mask (French only)

<https://www.youtube.com/watch?v=MeBdWnzzUtI>

2. How to make a mask (French only)

<https://www.youtube.com/watch?v=75CI6WVurjI>

3. How to make a mask according to AFNOR spec (French only)

<https://www.youtube.com/watch?v=ic092UyNmCc>

4. How to make and wear a mask (French and English)

[https://cdn-contenu.quebec.ca/cdn-](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Couvre-visage/20-210-64W_couvre-visage.pdf?1588797593)

[contenu/sante/documents/Problemes_de_sante/covid-19/Couvre-visage/20-210-64W_couvre-visage.pdf?1588797593](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/covid-19/Couvre-visage/20-210-64W_couvre-visage.pdf?1588797593)

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

Cleaning and disinfecting public spaces during COVID-19

<https://www.canada.ca/en/public-health/services/publications/diseases-conditions/cleaning-disinfecting-public-spaces.html>

Posters

1. Coughing and sneezing without contaminating (French only)

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-207-01E.pdf>

2. Protect yourself (French only):

<https://publications.msss.gouv.qc.ca/msss/fichiers/2020/20-210-154W.pdf>

3. Do not enter the premises if: (French only)

<http://www.attentiondeficit-info.com/covid-19/affiche-covid-19-gratuite-2.pdf>