



Mayor's Office

March 25, 2020

Subject: Precautionary measures regarding Coronavirus (COVID-19)

Dear Fellow Citizen,

You are receiving this letter today because, according to our files, you are over 70 years of age or close. Since our information is a little dated, you may possibly be receiving this letter by mistake, and we apologize if that's the case. As I'm sure you know, a global pandemic is underway and is currently affecting Quebec. That's the subject I wish to address. We want to keep you healthy. That's why we think it's important to check that you're fully aware of the situation and to remind you of some important facts.

Statistics

The coronavirus that is currently raging around the world attacks the respiratory system and is particularly deadly for people over 70 years of age. According to statistics, people between the ages of 70 and 79 who contract the virus die in 8% of cases. For those aged 80 and over, the percentage rises to 14.8%.

Recommendations and measures to be taken

It's not easy to change one's lifestyle, I agree. I myself, at 67, find it difficult to restrict my activities, but the government authorities are asking us to do so for our own safety. All age groups are presently collaborating with the Legault government's requests to limit the spread of the virus by avoiding non-essential outings and gatherings. Below is a reminder of the government's instructions specifically addressed to everyone aged 70 and older:

- In order to protect your health, you are asked to stay at home, except in case of necessity or exception, such as attending an important medical appointment.
- Avoid gatherings (these are now prohibited both indoors and outdoors).

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- Take walks by yourself and shop for food and medications in accordance with recommended health guidelines. When available, home delivery is best. You could also ask for help from family and friends, but respect social distance instructions and stay 2 metres away from each other.
- Call family and friends to check up on them.

Symptoms and external resources

The main symptoms of the virus are fever, coughing, difficulty breathing and, for some people, intestinal problems such as diarrhea. If you experience symptoms, you should call 1-877-644-4545 to be tested for Coronavirus.

If you're feeling anxious or isolated, I suggest that you contact one of the organizations listed below. They're there to support you during this ordeal.

- Le Grand Rassemblement des Aînés de Vaudreuil et Soulanges (open weekdays): 450- 424-0111 ext. 229
- Centre d'écoute Montérégie (open weekdays): 1 877 658-8509
- Le Tournant (open at all times): 1 833 371-4090

You can also learn about Coronavirus at www.quebec.ca/coronavirus, which gives more information on the measures put in place by the Quebec government. In addition, the City issues a daily report on the situation and makes it available on its website (www.ile-perrot.qc.ca/coronavirus) and Facebook page. We suggest that you regularly consult these platforms to stay up to date on the latest news. You can also contact municipal services at 514-453-1751.

In closing, I would like to stress again how important it is for everyone to respect the government directives. The more of us who practice these measures, the more we will reduce the risk of spreading the virus. For our part, the members of council, supported by the municipal administration, are closely monitoring the situation. We're taking every possible measure to ensure your safety.

I'm looking forward to seeing you as soon as possible at the City's various events.



Pierre Séguin
Mayor