

Level 4–Maximum Alert (red)



Level 4–Maximum Alert includes targeted and additional more restrictive measures that could extend to prohibiting non-essential activities in situations where risk cannot be sufficiently contained, while avoiding the generalized confinement that was experienced during the first wave of the pandemic as much as possible.

Measures in force

At home (houses and cottages)

Prohibited:

- visitors from another address

Allowed:

- a single visitor from another address for single individuals (it is recommended to always have the same person in order to limit social contact)
- informal caregivers
- individuals offering services or support
- labour for planned work

Preschool and elementary school

- Only one stable class group is permitted at all times, with no physical distancing required
- Students from different class groups must stay 2 metres apart when moving around in common areas
- Extracurricular activities are suspended
- Field trips and interscholastic activities are suspended
- Special pedagogical projects may continue as long as the principle of stable class groups is respected. If this is not possible, a 2-metre distance between students from different stable class groups must be maintained at all times, and the health guidelines must be strictly respected
- The same rules apply to sports activities organized by schools and associations
- Room loans and rentals are suspended
- School staff must wear a procedural (or surgical) mask at all times in indoor and outdoor common areas of the school.
- School visitors must be kept to a minimum

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- School daycare services are organized based on the principle of stable class groups or by creating subgroups, with a 2-metre physical distance between groups
 - Students eat lunch with their stable class group

Secondary school

- All students must wear a face covering at all times in the school and on the school grounds
- Extracurricular activities are suspended
- Field trips and interscholastic activities are suspended
- Special pedagogical projects may continue as long as the principle of stable class groups is respected. If this is not possible, a 2-metre distance between students from different stable class groups must be maintained at all times, and the health guidelines must be strictly respected
- The same rules apply to sports activities organized by schools and associations
- Room loans and rentals are suspended
- School staff must wear a procedural (or surgical) mask at all times in indoor and outdoor common areas of the school.
- School visitors must be kept to a minimum
- Students eat lunch with their stable class group
- Secondary III, IV and V students attend in-person classes one day out of two. This does not apply to students with disabilities, social maladjustments or learning difficulties who are enrolled in specialized schools, special education classes or the Work-Oriented Training Path
- Optional courses must take place with 2 metres of distance between students from different stable class groups or be offered through distance education

Adult general education and vocational training

- Students must wear a face covering at all times, except when seated in a classroom where a physical distance of 2 metres between individuals is maintained
- School staff must wear a procedural mask at all times, except in classrooms if they remain 2 metres away from students
- Distance learning should be prioritized for programs that are best suited to it
- In-school attendance should be prioritized for students with special needs or who are at risk of dropping out of school
- Extracurricular activities and field trips are suspended

Higher education

- As many activities as possible should be offered through distance learning
- In-class activities are allowed if students' presence is essential for the acquisition or evaluation of learning

	<ul style="list-style-type: none"> • Internships and labs can continue • Libraries will remain open only to permit access to the circulation desk and individual workspaces
Sports and recreation	<ul style="list-style-type: none"> • All organized sports and recreational activities are suspended • Activities carried out individually or in pairs are permitted, provided that participants respect the health guidelines in effect • Individual practice and training activities are permitted • Indoor sports facilities may remain open for individual activities, but dressing rooms may not be used or accessed, except to use the washroom • No competitions are allowed • Physical fitness rooms and centres are closed
CHSLD and RPA private seniors' residence	<ul style="list-style-type: none"> • Visits for humanitarian purposes • Visits by informal caregivers (one person at a time and a maximum of two people per day in CHSLDs)
Private indoor or outdoor gatherings	<ul style="list-style-type: none"> • Prohibited
Activities organized in a public place	<ul style="list-style-type: none"> • Prohibited, except for places of worship and funerals (maximum of 25 people and an attendance register must be kept) • Demonstrations are still permitted, but wearing a mask or face covering is mandatory at all times
Inter-regional travel	<ul style="list-style-type: none"> • Not recommended toward a green, yellow or orange zone and outside Québec (except for essential travel, students, workers, shared custody, freight transportation)
Public venue halls and audiences in indoor public places	<ul style="list-style-type: none"> • Auditoriums, cinemas, theatres and museums are closed • Libraries other than those in educational institutions are closed, except lending desks
Restaurants	<ul style="list-style-type: none"> • Dining rooms are closed • Delivery, takeout and drive-through orders only
Bars, brasseries, taverns, casinos	<ul style="list-style-type: none"> • Closed • Microbreweries and distilleries, closed only for their services for consumption of food or beverages on the premises
Businesses, stores and boutiques	<ul style="list-style-type: none"> • Open

Private professional and health services	<ul style="list-style-type: none">• Open only for services that require an individual's presence
Personal and beauty care services	<ul style="list-style-type: none">• Services maintained• Saunas and spas are closed, except personal care provided therein
Community organizations	<ul style="list-style-type: none">• Services maintained
