

Coronavirus (COVID-19)

April 9, 2020

Dear parents:

This is to inform you that emergency food assistance is being organized throughout Québec as a result of the COVID-19 pandemic. The Québec government, Food Banks of Quebec and the Breakfast Club of Canada are working together to help individuals and families whose access to food has been jeopardized or made worse by the current situation. For the moment, this food assistance is intended for families with school-age children in need of food aid.

In order to obtain this food assistance, you are invited to visit the community organization(s) listed below to pick up a food basket. If families are unable to get around because they are in self-isolation or for any other reason, they should contact their local food bank to see if it offers a delivery service.

The community organization(s) that are taking part in this effort can be found on the [ETSB website](#).

[Food Bank information](#)

Note that it is important to always follow the guidelines issued by the *Direction de la santé publique*, in particular:

- Practise social distancing: keep at least two metres away from other people, as much as possible.
- Wash your hands with soap under warm running water for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Observe basic hygiene rules when you cough or sneeze.
 - Cough or sneeze into the crook of your elbow to reduce the spread of germs.
 - If you use tissue paper, throw it away as soon as possible and then wash your hands.
- If you are sick, stay home and ask if a delivery service is available.
- If you request home delivery, avoid direct contact during the delivery. If the items cannot be left outside, open the door and stand back so that the delivery person can safely leave the items with you.
- Clean the packages, and thoroughly rinse fruit and vegetables before consuming them.

.../2

Eating properly is essential to good health. Since the current extraordinary situation may increase your need for food assistance services, do not hesitate to call upon them if you need them

If you have symptoms, do not hesitate to call 1-877-644--4545. If you need any psychosocial counselling, you are invited to call the Info-Social 811 service.

We are all looking forward to the resumption of school. In the meantime, we are calling upon everyone to continue working together to fight Covid-19, because each person's contribution is essential.

Best regards,

A handwritten signature in blue ink, appearing to read 'Michel Soucy', with a long horizontal flourish extending to the right.

Michel Soucy,
Interim Director General