

ARE YOU MOVING DURING THE PANDEMIC?



COVID-19 : Good Health Practices to Follow During a Move



Year after year, hundreds of thousands of Quebec residents move, often relying on their family and friends to lend them a hand.

If you are in this situation this year, take all necessary precautions to protect yourself and others from the COVID-19 virus.

Before committing to a move, be aware of the following government recommendations to limit spread of the virus:

- If your move is not essential, it would be better to renew your current lease.
- If you must absolutely move, hire an accredited moving company that will apply the health prevention measures decreed by the government.
- If you must do the work yourself, ask for as little help as possible from your relatives or friends, or even avoid such assistance entirely. And most importantly, follow good health practices, particularly:



- **Wear a mask or a face covering;**



- **Regularly wash your hands;**



- **Cough or sneeze into your elbow; and;**



- **Keep a distance of 2 metres from others.**



Before the move

- Check with the truck rental or moving company to ask whether the moving truck has been disinfected with an alcohol-based solution;
- Ensure that you have a good supply of cleaning products;
- Plan your sequence of actions to ensure that “social distancing” measures are always respected during your move;
- Drop off smaller items in the entryway to limit comings and goings through the rooms;
- Clean and disinfect frequently touched surfaces (e.g. furniture, appliances, doorknobs) with an alcohol-based solution;
- Pack up as many boxes as possible before moving, and make sure to take health precautions when handling objects; and
- Agree on when you will take possession of the dwelling with the previous tenant or the landlord to avoid running into the other group on moving day.



During the move

- If you have symptoms of COVID-19 on moving day, delay the move and apply the measures set out by Public Health officials;
- Do not accept help from a person who has symptoms of COVID-19, who has been in close contact with someone who has COVID-19, who has travelled in the last 14 days or who has been told to quarantine;
- Remind everyone at the start of the move about the importance of following the hygiene measures decreed by government authorities, and entrust a person with the role of “hygiene rules captain”;
- Avoid having too many people in one room at the same time;
- Wear a mask or a face covering and follow the 2-metre physical distancing rule with everyone, whether movers, friends or relatives, inside the dwelling as well as in the building’s hallways and elevators (two people maximum);
- Use straps to move large appliances so as to respect both distancing measures and recognized safety practices;
- Regularly wash your hands;
- Entrust pets to one person who will take care of them outside the dwelling;
- Before leaving your old dwelling for good, clean empty rooms and disinfect doorknobs with an alcohol-based solution for the next occupant; and
- Whenever possible, choose the electronic delivery option for your bills to avoid handling paper.

After the move... getting settled in



- Clean and disinfect the rooms with an alcohol-based solution, paying close attention to frequently touched surfaces, such as furniture, appliances, doorknobs, and so on;

- Wait for a minimum of 24 hours before getting rid of your empty boxes;



- Don't shake out dirty laundry, and wash all fabrics, such as sheets, towels and clothing, in hot water with your usual laundry detergent; and;

- Pay special attention to disinfecting the bathroom (walls, sink, toilet, bathtub).



For more information, visit:

- The [government website on coronavirus](#)
- [The website of the Institut national de santé publique](#)
- The [Licence holders' repertory](#)
- Information for [workers about moving safely](#)
- Advice for [choosing a moving company](#)
- Advice for [moving safely](#)
- [Interim recommendations for moving companies](#)