

For **people infected** with COVID-19, as well as **people exposed**

Person infected with the virus (or sick):

A health professional has confirmed your **diagnosis of COVID-19**.

Person exposed:

You've been **exposed** to someone infected with COVID-19

- while they were contagious, and
- for at least 15 minutes, at a distance of less than 2 metres (6 feet).

You are at risk of developing the illness.

GENERAL INFORMATION ABOUT COVID-19

What is COVID-19?

COVID-19 is an infection caused by a virus from the coronavirus family.

What are the symptoms of COVID-19?

- After being exposed to the virus, symptoms may take up to 14 days to appear.
- The main symptoms are: fever, cough, difficulty breathing, loss of sense of taste and smell.
- Other possible symptoms include: sore throat, nausea, vomiting, diarrhea, headache, muscle soreness and extreme fatigue.
- Sometimes there are no symptoms or very mild, cold-like symptoms.
- More severe, pneumonia-like lung infection symptoms are also possible.
- In rare cases, the illness may be fatal. The risk of fatality is higher for the elderly and those with a chronic illness such as diabetes, heart or respiratory disease, or for those with very weak immune systems (immunosuppressed).



Is there a cure for COVID-19?

Currently, there is no vaccine to prevent COVID-19, nor a cure.

How is COVID-19 transmitted?

- COVID-19 is transmitted **through the air** via liquid droplets when someone who is infected with it speaks, coughs or sneezes. Transmission is also possible via feces.
- Someone who has been infected by the virus can transmit it as early as 2 days before developing symptoms, and for several days after symptoms appear.
- You can also become infected if you touch surfaces or objects contaminated with COVID-19 and then touch your mouth, nose or eyes.
- Someone who is infected with the virus but has no symptoms (asymptomatic) can also spread it.



Santé publique asks **PEOPLE INFECTED WITH (or sick)** and **PEOPLE EXPOSED TO the virus** to follow these recommendations to **PREVENT SPREADING COVID-19 TO OTHER PEOPLE.**

STAY HOME



Do not go to public places
(e.g.: stores, pharmacies, work, school or day care).

- Do not use public transit (bus, metro, train).
- Ask friends to shop for you (e.g.: groceries, prescriptions) and place your purchases by your front door OR use home delivery services.
- Do not visit others AND do not allow visitors (family, parents, friends) into your home.
- **If you must go to a medical clinic or hospital for health reasons:**
 - Before you leave, notify the clinic or hospital that you have COVID-19 or have been exposed to it.
 - Use a private vehicle (if possible).
 - Unless it is an emergency, make an appointment before arriving.
 - If it is an emergency, when you call 911 or arrive at the emergency room, tell them that you have COVID-19 or have been exposed to it.
 - Wear a mask or face covering at all times when you are around others.
 - Keep a distance of at least 2 metres (6 feet) away from others.

PROTECT THOSE WHO LIVE WITH YOU

Minimize contact with other members of your household as much as possible.

- Especially avoid contact with the elderly or those who have chronic illnesses.
- Remain isolated in one room of your home as much as possible, even for eating and sleeping.
- Keep the door to the room closed.
- If you have to be in the same room as someone else, wear a mask or face covering over your nose and mouth.
- If you don't have a mask, keep a distance of at least 2 metres (6 feet) away from others.



TIPS TO PREVENT SPREADING

Wash your hands



- Wash your hands often with soap and water, for at least 20 seconds.
- Wash your hands before you eat and after going to the washroom.
- Use an alcohol-based antiseptic if you don't have access to soap and water.

Respiratory hygiene



- Use a paper tissue when you cough, blow your nose or sneeze.
- Discard the used tissue in a trash can as soon as possible and then wash your hands.
- If you don't have a tissue, cough or sneeze into the crook of your elbow.

When and how to wear a mask or face covering



- Use a mask or other piece of fabric to cover your nose and mouth if:
 - someone is in the same room as you, less than 2 metres (6 feet) away,
 - or you need to leave your home for medical reasons.

How to wear a mask or face covering

- Wash your hands before and after putting on a mask or face covering.
- Adjust it to make sure it is snug against your face and that it covers your nose and mouth.
- Avoid touching the mask or face covering once it's in place.
- Avoid touching your eyes.
- Change the mask as soon as it becomes damp, dirty or damaged.
- Discard or wash (if it is re-usable) after each use.
- Wash your hands after removing the mask or face covering.
- Do not share your mask or face covering with other people.

Toilet and washroom



- If possible, keep a washroom for your personal use only.
 - If that is not possible, keep a towel for your personal use only and disinfect everything you've touched after each use (e.g.: handles, switches, toilet, faucets).
- Close the toilet seat cover before flushing, and then wash your hands.

Sharing objects



- Do not share your plates, utensils, glasses, towels, linens or clothes with other people.

TIPS FOR THE PERSON WASHING AND CLEANING

Washing (clothes and dishes)



If someone else does the washing, that person must wash their hands with soap and water immediately after touching the clothes or dishes of the person who has been infected by or exposed to the virus.

- Wash their clothes and linens with hot water and detergent.
 - They do not have to be washed separately from the rest of the household laundry.
 - Do not shake out dirty laundry.
- Wash dishes and utensils used by those infected or exposed with your usual dishwashing detergent and water.

Trash



- Dispose of trash generated by those infected or exposed with usual household trash.
- Close the trash bags tightly.

Cleaning



- Open windows (weather permitting) often to air out the house and room where the person infected or exposed is living.
- At least once a day, clean or disinfect:
 - surfaces frequently touched by the person infected or exposed (e.g.: handles, door knobs, nightstands, bed frame and other bedroom furniture)
 - as well as the washroom and toilet.
- If at all possible, those infected or exposed should clean the rooms reserved for their sole use.
 - If that is not possible, wash your hands often after coming into contact with the person infected or exposed, or with objects/surfaces that they touched (e.g.: nightstand, dishes, etc.).

To **clean**, use soap and water or common household cleaning products.

To **disinfect**, use your usual disinfectant or prepare a solution of one part household bleach and nine parts cold water (e.g.: 1 cup bleach and 9 cups water).

MONITOR YOUR HEALTH EVERY DAY



Take your temperature daily, at the same time of day.
If you are taking fever-reducing medication, wait at least **4 hours** after taking it before checking your temperature.

WHAT TO DO DEPENDING ON YOUR SYMPTOMS

FOR ALL:

If you have severe symptoms:

- Severe difficulty breathing (e.g.: can't speak two words without having to stop)
- Severe chest pain
- Great difficulty staying awake during the day (more than usual)
- Confusion (more difficulty than usual forming clear thoughts)
- Loss of consciousness (fainting)

Or for any other situation that requires emergency care:

1. **CALL 911**
2. **Tell them that you have or have been exposed to COVID-19**

Person infected with the virus (or sick):

If your symptoms worsen:

1. **Call 514 644-4545
or your own physician**
2. **Tell them you have been infected
with COVID-19**

Person exposed:

If you experience any of the following symptoms:

- Fever (over 38 °C or 100.4 °F)
- Cough or worsening cough
- Difficulty breathing
- Sore throat
- Diarrhea or vomiting
- Sudden loss of sense of smell without nasal congestion and/or loss of sense of taste

1. **Call 514 644-4545**
2. **Tell them you were exposed to COVID-19**

ACCESS TO HEALTH SERVICES FOR COVID-19

Testing, care and treatment for COVID-19 **are free of charge**, regardless of the person's immigration status or health insurance coverage.

HOW LONG DO I HAVE TO SELF-ISOLATE AT HOME?

If you are a **healthcare worker**, check with your healthcare office.

EVERYONE ELSE:

If you have any questions about when to stop self-isolating:

call **514 644-4545** and follow the instructions the professional gives you.

Person infected with the virus

(or sick):

If you were not hospitalized in intensive care and are not immunosuppressed:

- self-isolation can stop 10 days after your symptoms began AND 2 days after your symptoms have disappeared.

If you were hospitalized in intensive care:

- self-isolate for 21 days after developing symptoms AND 2 days after your symptoms have disappeared.

If you are immunosuppressed:

- self-isolate for 28 days after developing symptoms AND 2 days after your symptoms have disappeared.

Person exposed:

If you did not develop symptoms:

- self-isolation can stop 14 days after your last contact with the infected person.

If you were not able to isolate yourself from the person infected (for example, if your child was sick), and you did not develop symptoms:

- self-isolation can stop 14 days after the person infected has recovered.

If you did develop symptoms:

- wait at least 10 days after your symptoms began AND 2 days after your symptoms have disappeared.

IF SOMEONE MUST HELP YOU WITH YOUR DAILY ACTIVITIES

(e.g.: help eating, going to the washroom, moving around in the house, etc.)

- If possible, always have the same person help you.
- That person should be less than 65 years of age, in good health, with no chronic illnesses (such as diabetes), and should not be taking several medications.
- Whenever you are with the person helping you, **both of you should wear a mask or face covering.**

BEFORE HELPING YOU, THE PERSON MUST:

1. Wash their hands



2. Wear a mask



3. Wear disposable gloves, if available



AFTER HELPING YOU, THE PERSON MUST:

4. Remove gloves and discard in a covered trash can, away from the reach of children



5. Wash their hands



6. Remove their mask and discard in a covered trash can, away from the reach of children, or put in the laundry (if washable)



7. Wash their hands once again



Be aware of signs of distress!

Ask for help if the following emotional reactions worsen or are no longer controllable:

- Stress, anxiety
- Emotional reactions that last for a long time (extreme sorrow, frequent crying, irritability, etc.)
- Feeling of panic
- Ideas swirling constantly in your mind, overwhelming and frightening you
- Social repercussions of COVID-19 (e.g.: loss of employment, financial difficulties)

INFO-SANTÉ AND INFO-SOCIAL LINES – CALL 811

(phone hotline available 24/7)

Health professionals will provide counselling.

- Choose the **Info-Social option**

For other concerns relating to your health or that of a loved one

- Choose the **Info-Santé option**



COMMUNITY AND SOCIAL SERVICES OFFERED IN OVER 200 LANGUAGES – CALL 211

Or visit the website: <https://www.211qc.ca>

Many organizations are offering assistance (food assistance, services for the elderly/families, etc.). Call 211 to find out what community and social services are available near you.

