

# Coronavirus (COVID-19)

July 22, 2020

## Public Health Recommendations Instructions for people awaiting screening or a COVID-19 test result

You need to self-isolate while awaiting your test result in the following circumstances:

- You have COVID-19 symptoms. Read the [Instructions for people with COVID-19 symptoms](#) fact sheet.
- You have been flagged as having been in contact with a case of COVID-19. Read the [Instructions for People Who Have Been In Contact with a Case of COVID-19](#) fact sheet.
- You have returned from a trip outside the country, Read the [Instructions on Return Home from Abroad](#) fact sheet.

If none of the above criteria apply to you, you do not need to self-isolate. We do recommend that you abide by general hygiene measures. If the result of your test is positive, you will receive instructions from the public health authorities.

### Couvrez votre nez et votre bouche

Wear a mask or face covering over your nose and mouth when in a fully or partially closed public setting.



Learn how to make and use a face covering at [Wearing a Face Covering \(Handcrafted Mask\) in public settings](#).

### Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, sneeze or blow your nose.
- Throw the tissue away in a trash can as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.



## Wash Your Hands Often



- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available and rub your hands together until they are dry.
- Also wash your hands when they are visibly dirty and before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.

## Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.

## Call Info-Social 811 (24/7 Psychosocial Hotline) if you are Experiencing Any of the Following:

- Stress or anxiety
- Lasting emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Ideas that never leave you alone, never cease and frighten you
- Social repercussions of COVID-19

Psychosocial health professionals will provide support and share information and advice as needed.

## Information About COVID-19

### What is COVID-19?

COVID-19 is a disease caused by the novel coronavirus.

### What are its symptoms?

The principal symptoms are fever, the onset or worsening of cough, difficulty breathing and/or sudden loss of smell without nasal congestion. Other symptoms may also appear, such as a sore throat, headache, sore muscles, intense fatigue, major loss of appetite, vomiting and diarrhea.

### How does COVID-19 spread?

The disease is transmitted from one person to another by contact with droplets sprayed in the air when a sick person talks, coughs or sneezes. People who are symptom-free may unknowingly transmit COVID-19. Transmission from touching contaminated surfaces or objects, while possible, is not the main transmission mode. The virus can also be transmitted in stool.

If in doubt, call the 1-877-644-4545 hotline or refer to the [COVID-19 Self-Care Guide](#) at [Quebec.ca/coronavirus](https://quebec.ca/coronavirus).