

# TO PROTECT OUR AND OTHER'S HEALTH

# 1

**WEAR A MASK IN CROWDED PUBLIC PLACES**



A gesture that limits the spread of viruses.

# 2

**AT ALL TIMES, KEEP YOUR GOOD HABITS**



Washing your hands helps limit the spread of the flu.



**At home, have COVID-19 rapid tests.**

Rapid tests are available in most pharmacies.

**Use them when you have symptoms.**

**If you have symptoms and are considered to be at high risk for complications from COVID-19, make an appointment at a screening centre as soon as possible.**

If you have COVID-19, you may be offered treatment to reduce the risk of complications. To learn more about this COVID-19 treatment: [Québec.ca/COVIDTreatment](https://quebec.ca/COVIDTreatment).

# 3

**MAKE SURE YOUR VACCINATION IS UP TO DATE**



Vaccination is the best way to protect yourself and others. When a vaccine is recommended against an infectious disease, get vaccinated.

To learn more about vaccination against COVID-19, influenza and pneumococcal infections, visit:

[Québec.ca/vaccination](https://quebec.ca/vaccination)

# 4

**IF YOU ARE SICK, TAKE THE RIGHT STEPS**

**YOU HAVE A FEVER**

**Stay home.**

**YOU HAVE A COUGH, A SORE THROAT OR NASAL CONGESTION**

**Wear a mask.**

### WHEN SYMPTOMS ARE PRESENT:

- Keep your distance from others.
- Avoid contact with vulnerable people.
- Choose remote activities, such as telework.
- Avoid non-essential social events.
- Tell the people you are in contact with that you might be contagious.

# 5

**CONSULT THE RIGHT SERVICE**

Most infected people recover without special treatment by resting at home.

**If you have concerns for your child (0 to 17 years old), call Info-Santé 811.** A pediatric line is currently available.

**You are at risk of complications:**

- Babies under 6 months
- People aged 75 and over
- Pregnant woman (2<sup>nd</sup> and 3<sup>rd</sup> trimesters)
- People with a chronic diseases

Call Info-Santé 811

**Your pain increases or persists when you breathe.**

**Your fever increases or persists for more than five days.**

**Your symptoms worsen or do not improve after seven days.**

Consult a doctor the same day ou go to the Primary Care Access Point by dialing 811, option 3

**You have the following symptoms:**

- Difficulty breathing
- Blue lips
- Intense chest or head pain that persists or increases
- Drowsiness or difficulty staying awake
- Convulsions (the body stiffens and the muscles contract in a jerky and involuntary way)
- Confusion
- Absence of urine for 12 hours
- Intense thirst

**Your baby under 3 has a fever.**

Go to the emergency room ou call 911

[Québec.ca/LimitVirusTransmission](https://quebec.ca/LimitVirusTransmission)

The information contained in this document does not in any way replace the advice of a health professional. If you have any questions about your state of health, call Info-Santé 811 or consult a health professional.