

Coronavirus (COVID-19)

May 1, 2020

Public Health Recommendations Instructions for People with COVID-19 Symptoms Who Are Waiting to Either Be Tested or for a Screening Test Result

Please comply with the following instructions to avoid transmitting COVID-19 to others.

Stay Home



- Do not go to school or work or to an early childhood or daycare centre or any other public place, such as a store.
- Do not go out for a walk.
- Do not take public transportation.
- If you have no one to pick up groceries or medication for you, use your grocer's or pharmacy's home delivery service and stay at least 2 metres away from the delivery person.
- Don't have company over to your home.
- If you live with other people who don't have COVID-19:
 - If possible, remain alone in one room of the house, always the same one.
 - Eat and sleep alone in that room.
 - If possible use a bathroom that is reserved only for you. Otherwise, disinfect after each use.
 - As much as possible, avoid contact with your housemates. If this is not possible, always remain at least two metres away from them. Cover your nose and mouth whenever you are closer than two metres away (see box text below).
 - Your housemates need to monitor themselves for symptoms; take their temperature every day and note it down.
 - Air out the house and your room often by opening a window, weather permitting.
- You can go outside on your balcony or in your private yard, making sure that you are 2 meters away from any other person.

Cover Your Nose and Mouth



If possible, wear a [face covering](#) or cover your nose and mouth with a piece of cloth or handkerchief in the following circumstances:

- Whenever someone is in the same room as you and less than 2 metres away
- Whenever you go out for medical reasons

To learn how to make and use your own face covering, look at the [Wearing a face covering in public settings in the context of the COVID 19 pandemic](#) page.

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.
- 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.

Do You Have a Pet?

- Avoid contact with pets.
- Pets are not at risk for COVID-19, but their fur and skin can carry the virus.
- Ideally, isolate your pet in a separate room or in its cage.
- If you have to take care of your pet, wash your hands before and after touching it.
- If possible, keep your pet in the house. If it needs to go outside, keep it in a fenced-in private space.
- If your pet is a dog, ask a friend to walk it on a leash while staying two metres away from people.
- Anyone else that takes care of your pet should keep physical contact with it to a minimum and wash their hands before and after touching.

Watch for Symptoms and Take Your Temperature Every Day

- Take your temperature every day at the same time of day and note it down.
- If you are taking fever medicine, wait at least 4 hours before taking your temperature.

These steps will prove useful if you need to see a health professional.

Home Care

See the [Self-Care Guide](#).

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- Do not go to a clinic or hospital without first telephoning to inform them that you are waiting for a COVID-19 screening test or test result.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you are waiting for a COVID-19 screening test or test result.

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, your helper will always be the same person, who should be less than 70 years of age, in good health and with no chronic illness such as heart or respiratory disease or diabetes or in treatment for cancer.

Before any person helps you, they must:

- Wash their hands.
- Wear a face covering or cover their nose and mouth with a piece of cloth.
- Wear disposable gloves.

After helping you, they must:

- Remove their gloves and dispose of them in a closed container out of reach of children,
- Wash their hands.
- Remove the face covering or piece of cloth.
- Place the face covering or piece of cloth in a closed bag and keep it out of the reach of children until it can be washed normally.
- Wash their hands again.

Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings and cloths used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

- Wash with hot water.
- Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.
- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.

Wash your hands frequently with soap and water:

- After contact with the sick person or objects and surfaces touched by them like a bedside table, dishes, etc.
- Before and after preparing food, before eating, after using the toilet and whenever your hands are visibly dirty
- If soap and water are not available, use an alcohol-based sanitizer.

Clean and disinfect the following at least once a day:

- Objects and surfaces frequently touched by the sick person, such as door handles, a bedside table, other furniture in the room and the bed frame
- The bathroom and toilet

If a surface is clean, apply the disinfectant.

If not, first wash with soap and water to remove all dirt and grime, rinse with clean water and dry with a clean cloth before applying the disinfectant.

Leave the disinfectant to act for a few minutes (follow the instructions on the label) then wipe off completely with a clean cloth.

Special cleaning instructions:

- Wear impermeable gloves at all times.
- Wash your hands and forearms for 20 seconds before putting on the gloves and after removing them.
- Wash the gloves with detergent and water then let them dry before re-use, or replace them with a new pair as you see fit.
- Wash your hands with soap and water again for 20 seconds.

Cleaning and disinfecting products

Use soap and water or household cleaners. Use your regular disinfectant or a mix of 1 part domestic bleach to 9 parts cold water (e.g., 1 cup bleach mixed with 9 cups water).

If possible, have the sick clean and disinfect their own rooms and surfaces themselves.

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.

COVID-19 and Home Self-Isolation

What is COVID-19?

COVID-19 is a respiratory 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, with or without loss of taste. Other symptoms may also appear, such as a sore throat, headache, sore muscles, intense fatigue, major loss of appetite 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. Transmission from touching contaminated surfaces or objects, while possible, is not the main transmission mode. The virus can also be transmitted in stool.

Why is it so important to obey home isolation recommendations?

To avoid infecting others.

When is it OK to stop self-isolating at home?

In general, you need to home-isolate for 14 days after the onset of symptoms, and:

- Until you are free of fever for at least 48 hours (without taking fever medication) and
- Have no acute symptoms for at least 24 hours (this does not include cough and loss of smell, which can take a longer time to go away).

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).

Additional useful link:

If you have been diagnosed with COVID-19, read [Procedure to Follow for People with COVID-19 in Isolation at Home](#).