

Coronavirus (COVID-19)

February 23, 2021

Public Health Recommendations Instructions on Returning Home from Abroad

Please follow these instructions to avoid transmitting COVID-19 to others.

The Government of Canada has issued an emergency order under the *Quarantine Act* to slow the advance and spread of the COVID-19 virus. It applies to all travellers entering the country. All travelers entering Canada are required to self-isolate for 14 days. Failing to comply with the order on arrival is subject to fines of up to \$750,000 and up to 6 months in prison. For more details, you can consult the website of the [Public Health Agency of Canada](#).

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.
- If your children did not make the trip they can attend their daycare or school if they have no symptoms of COVID-19 and have received no isolation directions.
- Do not take public transportation.
- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in your home.
- If you live with other people who did not travel:
 - If possible, remain alone in your own room in the house.
 - Avoid contact with others in the home. Keep a distance of at least 2 metres between yourself and others. Cover your nose and mouth if you need to be closer than 2 metres from someone (see box text below).
 - If possible, eat and sleep alone in a single room of the home.
 - If possible, use a bathroom reserved for you alone. Otherwise, disinfect after each use
 - 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 mask or [face covering](#) over your nose and mouth:

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



Learn how to make and use a face covering at [Wearing a mask or a face covering in public settings in the context of the COVID-19 pandemic](#).

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 the trash 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, 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.

Avoid all contact with pets

There is nothing to suggest that pets play a significant role in spreading COVID-19. However, several cases of transmission between animals and humans have been seen. It is also true that pets exposed to the virus are comparable to potentially contaminated surfaces.

- Abide by public health recommendations for humans with respect to pets.
- If possible, ask another person in the home to care for your pets. If this is not possible, carefully wash your hands before and after you touch your pets and cover your mouth and nose when coughing or sneezing.
- If possible, keep your pets indoors. If you let them out, use a leash or keep them in a private fenced-in yard.
- Tell people that care for your pets to limit physical contact, wash their hands before and after touching them and implement the usual preventive measure for animal diseases that can be transmitted to humans (see www.mapaq.gouv.qc.ca/zoonoses).
- More information is available at the [Quebec.ca Q&A for pet owners and custodians](#)

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.

This will be useful if you need to consult a health professional.

Caring for yourself if you develop symptoms

In the great majority of cases, you can be treated at home. Note the start date of the first symptom, this will be helpful if you are calling 1 877 644-4545 or seeing a healthcare professional. This information will help determine when preventive home self-isolation will end. See the [Self-Care Guide](#).

- A screening test is usually recommended for people with COVID-19 symptoms. Call 1-877-644-4545. You will be directed to the appropriate resource.
- If you need to go to a medical clinic or a hospital, wear a mask or face covering and tell staff that you have a just returned from a trip abroad as soon as you arrive.
- 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 operator that you have just returned from a trip abroad.

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

Ideally, the same person should always help you. That person should be less than 70 years of age, in good health and have no chronic heart or lung or kidney disease, diabetes, major obesity (BMI > 40), weakened immune system or be in treatment for cancer.

Before any person helps you they must:

- Wash their hands.
- Wear a mask or face covering over the nose and mouth.
- 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 mask or the face covering
 - Place the face covering in a closed bag and keep it out of the reach of children until it can be washed normally.
 - Disposable masks should always be placed in a closed garbage bag or can.
- Wash their hands again.

Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings 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 you have no access to soap and water, use an alcohol-based disinfectant.

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 disease caused by the novel coronavirus.

What are the 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.

Why is it so important to obey home isolation recommendations?

To avoid infecting others.

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

Important:

The following recommendations must be followed unless otherwise advised by public health authorities. If you are a health worker, you should contact your place of work for instructions on when and how to end your quarantine and return to work.

If you do not develop symptoms, you can stop preventive self-isolation 14 days after your arrival in Québec.

If you develop symptoms, consult the document Instructions for People With COVID-19 Symptoms. However, even if you have a negative test result, you will have to continue to self-isolate for up to 14 days after your arrival in Québec.

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