

Coronavirus (COVID-19)

October 7, 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 or have presented symptoms in the last 10 days. Read the [Instructions for people with COVID-19 symptoms](#) factsheet.
- You have been flagged by public health as having been in contact at moderate or high risk 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 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 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.

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).