LIVING WITH THE VIRUS, MEANS REMAINING CAUTIOUS.

**Monitor your symptoms**

If you have symptoms of COVID-19, such as fever, cough, sore throat, or sudden loss of taste and smell, **self-isolate immediately** and do a rapid test.

If you test **positive**, self-isolate. If the result is **negative**, self-isolate and do a second rapid test 24-36 hours later. After the second rapid test:

- If you test **positive**, self-isolate.
- If the result is **negative**, resume your normal activities.

**Follow the isolation guidelines**

If you have COVID-19, self-isolate for 5 days. You may resume your normal activities (school, work) if your symptoms improve after 5 days of self-isolation and you have not had a fever for at least 24 hours.

Unvaccinated individuals must also have a negative test result before resuming their normal activities. If they test positive, they must keep self-isolating.

In the following days:

- Wear a mask during all social interactions (except for children under 5)
- Avoid contact with vulnerable individuals
- Do not take part in non-essential social events
- Keep at least 2 metres from others

You may resume your normal activities after 10 days.

**Wear a face covering**

You must wear a mask for the days following isolation when you had COVID-19 and for 10 days if you live with someone who has COVID-19.

We recommend wearing a mask around vulnerable individuals. **Get vaccinated**

If you’re still not vaccinated, make an appointment today. Vaccination is the best way to protect yourself and others. The COVID-19 vaccine prepares your body to fight the virus.

**Guidelines for people living with you**

For 10 days, they must:

- Monitor for symptoms
- Avoid contact with vulnerable individuals
- Wear a mask during all social interactions (except for children under 5)
- Keep at least 2 metres from others

Unvaccinated individuals who have never had COVID-19 must self-isolate for the first 5 days.

**Rapid home testing**

Rapid tests are easy to use and produce results in minutes. You can get them in most pharmacies.

**More on rapid tests:**
Québec.ca/testCOVID19

**Get vaccinated**

If you’re still not vaccinated, make an appointment today. Vaccination is the best way to protect yourself and others. The COVID-19 vaccine prepares your body to fight the virus.

**Booster doses**

Booster doses of the vaccine are recommended for better protection against COVID-19 and new variants, such as the Omicron variant.

**More on the eligibility criteria:**
Québec.ca/CovidTreatment

**Apply proper hygiene measures AT ALL TIMES**

- Keep a distance from others. If this is not possible, wear a mask or face covering.
- Wash your hands often, especially after having been outside.
- Cough or sneeze into your elbow or cover your mouth and nose with a tissue.
- Avoid physical contact, such as shaking hands, and use alternative forms of greeting instead.
- Get into the habit of airing out your home and regularly cleaning it (including washrooms).