LIVING WITH THE VIRUS, MEANS REMAINING CAUTIOUS.

THE VIRUS IS STILL OUT THERE. TAKING THESE STEPS CAN REDUCE YOUR RISK OF GETTING COVID-19 AND PREVENT TRANSMISSION OF THE VIRUS.

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**, resume your usual activities while following the instructions for limiting the spread of COVID-19.

Do a second rapid test **24 to 36 hours later.**

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 and people with health conditions preventing them from wearing a mask)
- 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.

More on self-isolation:
Québec.ca/Self-isolating

More on rapid tests:
Québec.ca/testCOVID19

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

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 and people with health conditions preventing them from wearing a mask)
- Keep at least 2 metres from others

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

More on self-isolation:
Québec.ca/Self-isolating

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).

COVID-19 TREATMENT
For people at risk of developing serious complications
Talk to a pharmacist, a specialized nurse practitioner, or a doctor if you have tested positive. This free treatment must be started within 5 days of the onset of symptoms.

More on the eligibility criteria:
Québec.ca/CovidTreatment

Get vaccinated

Make an appointment:
Québec.ca/COVIDvaccine

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 rapid tests:
Québec.ca/testCOVID19

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