TO PROTECT OUR AND OTHER’S HEALTH

1 WEAR A MASK IN CROWDED PUBLIC PLACES
   A gesture that limits the spread of viruses.

2 AT ALL TIMES, KEEP YOUR GOOD HABITS
   Washing your hands helps limit the spread of the flu.

3 MAKE SURE YOUR VACCINATION IS UP TO DATE
   Vaccination is the best way to protect yourself and others. When a vaccine is recommended against an infectious disease, get vaccinated.

To learn more about vaccination against COVID-19, influenza and pneumococcal infections, visit: Québec.ca/vaccination

4 IF YOU ARE SICK, TAKE THE RIGHT STEPS
   Most infected people recover without special treatment by resting at home.
   If you have concerns for your child (0 to 17 years old), call Info-Santé 811. A pediatric line is currently available.

   Stay home.
   Wear a mask.

   - You have a fever
   - You have a cough, a sore throat or nasal congestion

   When symptoms are present:
   - Keep your distance from others.
   - Avoid contact with vulnerable people.
   - Choose remote activities, such as telework.
   - Avoid non-essential social events.
   - Tell the people you are in contact with that you might be contagious.

   - You are at risk of complications:
     • Babies under 6 months
     • People aged 75 and over
     • Pregnant woman (2nd and 3rd trimesters)
     • People with a chronic disease

   - Your pain increases or persists when you breathe.
   - Your fever increases or persists for more than five days.
   - Your symptoms worsen or do not improve after seven days.

   Call Info-Santé 811
   Consult a doctor the same day or go to the Primary Care Access Point by dialing 811, option 3

   Your baby under 3 has a fever.
   You have the following symptoms:
   - Difficulty breathing
   - Blue lips
   - Intense chest or head pain that persists or increases
   - Drowsiness or difficulty staying awake
   - Convulsions (the body stiffens and the muscles contract in a jerky and involuntary way)
   - Confusion
   - Absence of urine for 12 hours
   - Intense thirst

   Go to the emergency room or call 911

   Québec.ca/LimitVirusTransmission

The information contained in this document does not in any way replace the advice of a health professional. If you have any questions about your state of health, call Info-Santé 811 or consult a health professional.

Updated on November 17, 2022