WHAT SHOULD I DO IF I HAVE COVID-19 SYMPTOMS

Fever
Cough or sore throat
Loss of taste or sense of smell

ISOLATE YOURSELF AND TAKE A RAPID TEST

What to do based on the result?

Positive

ISOLATE YOURSELF

1st test

Positive

ISOLATE YOURSELF

2nd test

Positive

ISOLATE YOURSELF

Negative

ISOLATE YOURSELF and do a second rapid test 24 hours later

Negative

Resume your activities while respecting the health instructions

PERIOD OF ISOLATION

12 years and over

Less than 12 years

Immunosuppressed person

Fully vaccinated

5 DAYS*
(The next 5 days with wearing a mask at all times)

5 DAYS
and do a rapid test on the 5th day.

21 DAYS

Not fully vaccinated

10 DAYS

• If the test is positive, continue isolation for another 5 days.

• If the test is negative, the child can resume activities.*

* If your symptoms have improved and have not had a fever for at least 24 hours.

If you don’t have rapid tests at home:

isolate yourself

Isolation starts either from the date of symptoms onset or date of test if there are no symptoms.

AS OF JANUARY 21, 2022

Québec.ca/testCOVID-19

Québec.ca

Vos droits en matière de protectsion de la vie privée (PIDP)

Quebec.ca