

PROTECT YOURSELF!

The coronavirus causes a respiratory infection (COVID-19) that can involve the following symptoms:



FEVER • COUGH • TROUBLE BREATHING

Protect your loved ones, especially seniors and the vulnerable ones, by avoiding visiting them if you're sick.

It is recommended that anyone returning from a foreign country isolate themselves at home for a period of 14 days and monitor their symptoms.

This isolation is mandatory for all public service employees and for all health, education, and childcare staff, both private and public, returning from abroad.



[Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Toll free: **1 877 644-4545**