

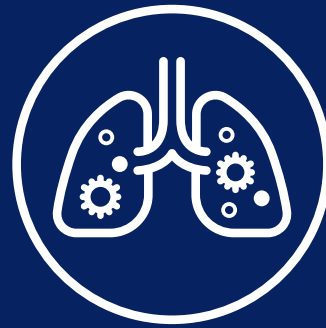
The coronavirus disease (COVID-19) causes a respiratory infection that can involve the following symptoms:



Fever



Cough



Trouble  
Breathing

# Protect Yourself!

**Wash your hands often** with lukewarm running water and soap for at least 20 seconds. Use an alcohol-based sanitizer if you do not have access to soap and water.

**Stay home:** do not go to school, child centres or daycares. Avoid public spaces and work from home, whenever possible.

**Protect those close to you,** particularly the elderly and those at greater risk for infection, by avoiding visiting them if you are feeling sick.

It is strongly recommended that all persons returning from abroad self-isolate at home for a period of 14 days and watch out for any symptoms.

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

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