COVID-19

Protect your own health and the health of others

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

**Adults & children**

No fever (less than 38 °C/100.4 °F) but the following symptoms:
- Sore throat
- Blocked nose
- Sniffles
- Cough

**Adults at risk of severe respiratory symptoms**

- I have a fever higher than 38 °C/100.4 °F
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

**Adults**

I have a fever and/or some of the following symptoms:
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or loss of sense of smell without nasal congestion, loss of appetite, extreme fatigue, etc.).

**Adults or children**

I have a fever higher than 38 °C/100.4 °F and one or more of the following:
- Persistent and/or increasing difficulty in breathing
- Blue lips
- Difficulty moving
- Fever (baby less than three months of age)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

**Decisions**

**DECISION**

I probably have a cold and need to rest.

**DECISION**

Stay at home and call the 1 877 644-4545 coronavirus hotline. Between 8 a.m. and 8 p.m.

Follow instructions.

**Protection your entourage**

Do the following to protect your entourage until you have no more symptoms (fever, cough, fatigue, sudden loss of sense of smell without nasal congestion, with or without loss of taste):
- Self-isolate in a bedroom to avoid contaminating others
- Sleep and eat meals alone in your bedroom
- Only use one bathroom

**Precautions and care if you have COVID-19 symptoms**

**Rest**

If you have coronavirus symptoms, feel weak and fatigued, rest will help you fight the disease. Limit your contact with others until you have no more symptoms. You can go back to your normal activities when your state of health allows you to.

**Drink frequently**

Frequent drinking is important because fever causes perspiration and major loss of liquids. You should drink at least 1.5 litres of liquids every day.

You can drink cold or warm liquids, as you prefer. Avoid alcoholic beverages and liquids like coffee or tea that contain caffeine, as well as soft drinks. Alcohol and caffeine will cause you to urinate more often and increase loss of liquids.

Watch out for these signs of dehydration:
- Extreme thirst
- Dry mouth and tongue
- Infrequent and/or dark urine
- Dizziness, confusion and headaches

**Keep your environment clean**

The coronavirus (COVID-19) can survive for the following lengths of time on objects and surfaces:
- 3 hours on dry surfaces
- 6 days on moist surfaces

Therefore, it is important that you clean counters, sinks, door handles and all other objects and surfaces:

- 6 days on moist surfaces
- 3 hours on dry surfaces

Use a 1/9 bleach-water solution or 1/10 ml of bleach to 90 ml of water. Use soap and water or household cleaners to clean surfaces. Use soap and water or household cleaners to clean surfaces. Use a 1/9 bleach-water solution or disinfectants. For example, this means 10 ml of bleach to 90 ml of water.

If you are sick, your sheets, towels, clothes and dishes can be washed with those of others in the home using normal detergents.

**Seek help**

While many of us have the necessary resources to deal with a COVID-19 situation, others may not. If you are concerned, do not hesitate to ask for or accept help. Talk about it with your close family members.

You can also dial 211 for help or ask your local CLSC to connect you with their home care and services resource.

**Stay informed**

Listen to the radio, watch TV, read the newspaper and/or go to the following government website often: Québec.ca/coronavirus

The Ministère de la Santé et des Services sociaux will provide instructions for the population on health matters and to obtain care.

Always follow the government’s current notices and instructions, since the situation can change.

**General information**

Services Québec

Coronavirus hotline 1 877 644-4545 (toll free)

Deaf or hard-of-hearing persons 1 800 361-9596 (toll free)

The Self-Care Guide is available at Québec.ca/coronavirus. You can order your English hard copy online.