

We can gradually restart normal activities while protecting ourselves!

In the coming weeks, activities will gradually resume in Québec, with the consent and collaboration of public health authorities. The reopenings will occur in phases, depending on the type of activities and the geographic zone. You can check information about the reopening phases on the Government of Québec website: [Québec.ca/coronavirus](https://quebec.ca/coronavirus)

Throughout this process it will remain essential to abide by protective health directives, which limit the danger of the virus spreading. If you have COVID-19 symptoms, it is equally crucial to follow the recommendations for home isolation in order to avoid transmitting the disease to others.

Abide by the protective health recommendations

After you go out in public, monitor yourself for symptoms and abide by the following recommendations.



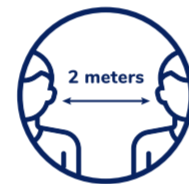
- Wash your hands frequently with soap and warm running water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.
- Practice proper cough and sneeze etiquette:



Cover your mouth and nose with your arm to reduce the spread of germs.



If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.



- If you must go out, stay at least 2 meters (around 6 feet) away from people who do not live in your household.
- If you are unable to stay at least 2 meters away from others, wear a face covering.
- If you are sick, avoid all contact with more vulnerable people such as seniors and people whose immune system is weakened or that have a chronic disease.
- Avoid direct contact when you greet someone, such as shaking hands, and use alternative ways to greet people.



- Avoid all indoor or outdoor gatherings with people who do not live in your home.

Face coverings

Wearing a face covering is recommended in public settings whenever physical distancing is not possible. For example, this could be when you go shopping for groceries or take public transit.

When you wear a face covering in public, you must also follow other safety measures, such as hygiene.

If you are sick, stay home. If you must go to a medical clinic or the hospital, wear your face covering until you are given a procedure mask.

Children under 2 years of age and people with respiratory difficulties or who are handicapped or unable to remove their face covering without help, should not wear one.

You can learn more about the correct use of a face covering and how to make one by viewing the short videos on the Government of Québec website: [Québec.ca/couvre-visage](https://quebec.ca/couvre-visage)



Scarf



Face covering made of paper or a tightly woven fabric



Bandana or a tightly woven fabric

Resources

If you are concerned that you might have COVID-19 or have symptoms like the appearance or worsening of cough, fever, difficulty breathing and/or loss of smell or taste without nasal congestion, call one of the following phone numbers: 418 644-4545, 514 644-4545, 450 644-4545, 819 644-4545 or 1 877 644-4545 (toll free throughout Québec) to be directed to the appropriate resource. If you are a hard-of-hearing person, call 1 800 361-9596 (TTY toll free).

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

1 877 644-4545