For people who are sick and waiting for COVID-19 test or test result

Please follow these instructions to prevent spreading novel coronavirus to other people. The virus spreads from person to person through contact with droplets expelled into the air when an infected person talks, coughs or sneezes. The virus may also possibly spread through stools.

Stay home

- Do not go to school, to work, to a childcare centre or to any other public space.
- Do not use public transport.
- Do not receive visitors at home.
- If you are living with other people who are not sick with COVID-19:
  - remain alone in one room of the house as often as possible and close the door;
  - eat and sleep alone in one room of the house;
  - if possible use a bathroom reserved for your sole use. Otherwise, disinfect it after each use;
  - avoid as much as possible contact with other people in the home. If this is impossible, wear a mask. If a mask is not available, stay at least 2 metres away from other people.
- Open a window to air out your room and home often (weather permitting).

Wear a mask...

- when someone is in the same room as you;
- if you must leave your home for medical reasons (after contacting 1 877 644-4545 or 911).

Cover coughs and sneezes

- Use a disposable tissue to cough, sneeze or blow your nose.
- Discard the tissue in the garbage, and then wash your hands with soap and water.
- If you do not have disposable tissues, cough or sneeze in the crook of your arm.

Once the doctor informs you that your test result is negative or if the doctor decided not to test you for COVID-19, you can resume your regular activities after:

- You have completed your self-isolation as indicated (eg, if you are a returning traveler, if you have been in contact with a COVID-19 case);
- You are no longer sick.
Wash your hands

- Wash your hands often with soap under warm running water for at least 20 seconds.
- Use an alcohol-based hand rub if soap and water are not available.
- After using the toilet, put the lid down before flushing and then wash your hands.
- Wash your hands before eating and whenever your hands look dirty.
- Disinfect all surfaces you have touched after use and then wash your hands.

Don’t share your personal objects

- Don’t share plates, utensils, glasses, towels, sheets or clothes with other people.

Call the toll-free number 1 877 644-4545 if the following symptoms appear or become more serious

- Fever
- Cough
- Shortness of breath, difficulty breathing or chest pain
- Severe diarrhoea or vomiting
- Unusual fatigue

Don’t forget to mention that you are under investigation for COVID-19.

If it is recommended that you consult someone, you will be told where to go, how to get there and the precautions to take (wear a mask, use personal transportation, call an ambulance, etc.).

You can contact Info-Social 811 (24/7 psychosocial help line) if you are experiencing

- Stress, anxiety
- Emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Recurring ideas in your head that are overwhelming and making you afraid
- Social repercussions of the illness.

Professionals in psychosocial intervention will offer you support, and give you information and advice based on your needs.

Visitez notre site Internet à santemontreal.ca/coronavirus