Public health recommendations

For the person under preventive home isolation

We ask you to follow these instructions to prevent the spread of this new coronavirus to other people around you.

The Montreal Regional Public Health Department will let you know when you can return to your regular activities.

Stay home

- Don’t go to school, work, or any public space. If needed, your doctor can give you a note explaining your absence.
- Don’t have visitors in your home.
- Spend as much time as possible in a room alone, away from other people.
- Eat and sleep alone in a separate room.
- Avoid contact with other people in your home as much as possible.
  If this isn’t possible, wear a mask or stay at least two metres away (about the length of a big dining room table) from other people.
- Open a window to air out your home often (weather permitting).

Wear a mask

- When someone is in the same room as you.
- If you have to leave your home to seek medical care (after notifying the Public Health Department).

Cover coughs and sneezes

- Use a kleenex (paper tissue) to cover your cough or sneeze, and to blow your nose.
- Throw away the tissue into a garbage bin, and then wash your hands.
- If you don’t have a tissue, cough or sneeze into your sleeve..
Wash your hands often

- Wash your hands with soap and water for at least 20 seconds. If there is no soap and water available, use a hand sanitizer containing 70% alcohol.
- Wash your hands after using the toilet. Always put the lid down before flushing.
- Also wash your hands before eating and whenever your hands look dirty.

Don’t share personal items

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

Watch for symptoms and take your temperature every day

(If you don’t have a thermometer, one will be provided.)

You will have to answer a short questionnaire about your symptoms and temperature every day. The public health department will send you the questionnaire.

- Take your temperature at the same time each day, and report it in the questionnaire.
- Wait at least 4 hours before taking your temperature if you take one of the following:
  - Acetaminophen (Tempra, Tylenol or Atasol)
  - Ibuprofen (Advil or Motrin)
  - Aspirin (acetylsalicylic acid)

Contact the Montreal Regional Public Health Department if the following symptoms appear or worsen

- Fever (over 38°C or 100.4°F)
- Cough
- Shortness of breath, difficulty breathing or chest pain
- Severe diarrhoea or vomiting
- Unusual severe fatigue

Montreal Regional Public Health Department
8:30 a.m. to 4:30 p.m.: 514-528-2400 - Ask for the health professional on-call for infectious diseases.
4:30 p.m. to 8:30 a.m.: 514-842-5051 - Ask for the health professional on-call for infectious diseases.

If the health professional on-call recommends that you go to the hospital, he will tell you how to get there and what precautions to take. He will also notify the hospital of your arrival.

Visit our website: santemontreal.qc.ca/public/
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<tr>
<th>NOVEL CORONAVIRUS &amp; HOME ISOLATION</th>
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<td><strong>What is the novel coronavirus?</strong></td>
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<tr>
<td>The novel coronavirus is a virus that causes respiratory infections.</td>
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<td><strong>What are the symptoms?</strong></td>
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<tr>
<td>The main symptoms are fever, cough and difficulty breathing. Other symptoms can develop such as nausea, vomiting, headache, muscle pain, diarrhea.</td>
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<td><strong>How does the respiratory infection spread?</strong></td>
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<tr>
<td>It spreads from person to person through contact with droplets expelled into the air when infected sick person talks, coughs or sneezes. It is also possible that the virus spreads through stools.</td>
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<td><strong>Why is home isolation required?</strong></td>
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<tr>
<td>To prevent spreading the illness to other people. Your health will be monitored by Montreal’s Public Health Department.</td>
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<td><strong>When can home isolation be discontinued?</strong></td>
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<tr>
<td>When the Montreal Regional Public Health Department informs you that home isolation is no longer required.</td>
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