

Instructions for home isolation

For people who are sick and waiting for COVID-19 test results (except for people in quarantine)

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.

You can resume your regular activities once the doctor informs you that your test result is negative.

Anyone who has been instructed to stay in quarantine must do so. Quarantine must be completed despite a negative COVID-19 test result. You can become positive for COVID-19 later on during quarantine.

Stay home

- Don't go to school, work or any public places. If needed, your doctor can give you a note explaining your absence.
- Don't take public transportation.
- Don't have visitors in your home.
- Stay in a separate room from other people as often as possible and shut the door.
- Eat and sleep alone in a separate room.
- If possible, use a separate bathroom reserved for you only. If not, disinfect it after each use.
- Avoid contact with other people in your home as much as possible. If this isn't possible, wear a mask. If you don't have a mask, keep a distance of two metres (about the length of a big dining room table) from other people.
- Open a window often to air out your home (depending on the temperature and 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)



Cover coughs and sneezes

- Use a Kleenex (paper tissue) when you cough or sneeze, and to blow your nose.
- Throw out the tissue and then wash your hands.
- If you don't have any Kleenex, cough or sneeze into your elbow.



Wash your hands often

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



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 the Info-Santé nurse recommends you consult someone, she will tell you 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.