

## SEVERE SYMPTOMS OF COVID-19

If the following symptoms appear or get worse,

- difficulty breathing
- very out of breath
- chest pain

Call **911** and tell the person you have COVID-19.

## ADVICE AND SUPPORT

If you have

- stress or anxiety
- emotional reactions (frequent crying, irritability, etc.)
- impacts of the illness and of isolation on your social and financial situation

Call **Info-Social 811** (24/7 telephone consultation). Professionals will give you advice and support.

## SOCIAL AND COMMUNITY RESOURCES

Going through a hard time and need help (food assistance, services for an older adult or your family)?

Call **211** or go to **211qc.ca**

(service accessible in 200 languages, 7 days a week).

## HOME ISOLATION INSTRUCTIONS AND RECOMMENDATIONS

I HAVE COVID-19:

[www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-with-covid-19-in-home-isolation/](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-with-covid-19-in-home-isolation/)

I'VE BEEN IN CONTACT WITH SOMEONE WHO HAS COVID-19:

[www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-who-have-been-in-contact-with-a-confirmed-case-of-covid-19/](http://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-for-people-who-have-been-in-contact-with-a-confirmed-case-of-covid-19/)

Multilingual tools, instructions and recommendations:  
[santemontreal.qc.ca/coronavirus-multilingue-en](http://santemontreal.qc.ca/coronavirus-multilingue-en)

If you have questions about COVID-19 and isolation periods, call **1 877 644-4545**.

## COVID-19 CHAIN OF TRANSMISSION

Anyone can get COVID-19.

A single person with COVID-19 can spread the virus to dozens of other people.

Some of them are at higher risk to develop severe complications: people with chronic diseases, people with weakened immune systems, and older adults.

## TO BREAK THE COVID-19 CHAIN OF TRANSMISSION, WE MUST

- follow home isolation instructions
- quickly inform all contacts

## YOUR COOPERATION

- helps avoid spreading the virus to other people
- contributes to the health of everyone.

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Québec 

# Testing COVID-19



WHILE WAITING  
FOR MY RESULTS,



I'M BREAKING  
THE CHAIN  
OF COVID-19  
TRANSMISSION

Québec 

## WHILE WAITING FOR YOUR RESULT

### People who have symptoms

- **Stay home.** Avoid contact with other household members.
- **See the detailed instructions for isolation:** [santemontreal.qc.ca/coronavirus-malade-en](http://santemontreal.qc.ca/coronavirus-malade-en)
- **Identify** your contacts. They need to isolate if your result is positive.
- **Plan** your isolation (see the section PLAN FOR HOME ISOLATION).

### People who don't have symptoms

- If you don't have symptoms and are not a contact of someone who has COVID-19, and you're not just returning from a trip abroad, you don't need to take any specific measures. However, you must watch for symptoms.

## IF YOUR RESULT IS POSITIVE

- You must isolate during your **contagious period**, that is, during the time you can transmit COVID-19 to others.
  - **If you have symptoms**, your contagious period starts 2 days before your symptoms start and ends 10 days after the symptoms appeared.
  - **If you don't have symptoms**, your contagious period starts 2 days before the test date and ends 10 days after that date.
- **Quickly inform your contacts that you have COVID-19. Your contacts must isolate for 14 days.** The first day of their isolation period is the day you were last together during your contagious period. Information about isolation for contacts: [santemontreal.qc.ca/coronavirus-contact-en](http://santemontreal.qc.ca/coronavirus-contact-en)
- Ask your contacts to get tested for COVID-19
  - right away: if they have symptoms
  - if they don't have symptoms: at least 6 days after the first time you saw them during your contagious period.

- Tell your employer, your school or the organization where you volunteer.
- Inform people in other places where you go (sport associations, community groups, places of worship, etc.).

## IF YOUR RESULT IS NEGATIVE

- **You must continue to isolate if :**
  - you **have returned from a trip**. You must isolate at home for 14 days after travelling abroad;
  - you are **the contact** of a person who has COVID-19. You must isolate at home for 14 days after the last time you were with this person while he or she was contagious.
- If your situation does not fit any of these descriptions, you don't have to isolate.
- Your contacts don't have to isolate.

## CONTACTS TO INFORM IF YOUR RESULT IS POSITIVE

- People you were with for more than 15 minutes and at a distance of less than 2 metres, during your contagious period.

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- People you lived with (family, spouse, roommates) during your contagious period.

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- People with whom you had intimate contact (e.g. sexual relations) during your contagious period.
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## PLAN FOR HOME ISOLATION

Isolation can be challenging, and so it's normal to need help. You risk breaking isolation unless you make prior arrangements. Successful isolation requires preparation. Making a plan will help. Think about the things you won't be able to do, people who could help you with those things, or how you can arrange to get those things done:

- Buy food (e.g., make online purchases, use home delivery)
- Buy medications (e.g., make purchases online or over the phone, use home delivery)
- Walk the dog (e.g., ask a neighbour or friend)
- Organize social activities (e.g., online visits or phone calls with friends)
- Other

What's your plan?

## MY PLAN