

## Public Health Recommendations

### If you have had close contact with a confirmed case of COVID-19

Please follow these instructions to avoid transmitting the new coronavirus from someone who is sick to others.

**The Public Health Directorate of the Centre intégré de santé et de services sociaux de Laval (CISSS de Laval) asks that you remain in isolation at home for a period of 14 days after you have been exposed to the contagious person.**

#### Stay home

- Do not go to school, work or any public place.
- If needed, your doctor can give you a medical certificate to justify your absence.
- Do not have visitors in your home.



#### Cover your coughs and sneezes

- Use a facial tissue to cough, sneeze or blow your nose.
- Throw the facial tissue into the garbage and then wash your hands.
- If you do not have facial tissue, cough and sneeze into your elbow.
- The person who is sick must also follow these respiratory hygiene measures.



## Monitor your symptoms and take your temperature every day

Every day, you must monitor and record your symptoms. This information is important to help determine the end of your contagion period. The Public Health Directorate of the CISSS de Laval will discuss your symptoms and your temperature with you three times a week.

Take your temperature every day, at the same time, and record the results.

- Use a separate thermometer.
- If you are taking medication for your fever, wait at least four hours before taking your temperature.
- Fever medication:
  - 1<sup>st</sup> choice: acetaminophen (for example: Tempra<sup>®</sup>, Tylenol<sup>®</sup> or Atasol<sup>®</sup>)
  - 2<sup>nd</sup> choice: ibuprofen (for example, Advil<sup>®</sup> or Motrin<sup>®</sup>)
  - 3<sup>rd</sup> choice: Aspirin (acetylsalicylic acid)
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## Contact the Public Health Directorate of the CISSS de Laval at 450 978-2121, ext. 32117 during business hours from 8:30 AM to 5:00 PM if the following symptoms develop:

- Fever
- Cough
- Shortness of breath, difficulty breathing or chest pain
- Severe diarrhea or vomiting
- Significant and unusual fatigue

**In case of emergency, and if the situation warrants, call 911 for an ambulance.**

## You can contact INFO-SOCIAL at 811 (24/7 psychosocial telephone support) if you are experiencing:

- Stress and anxiety
- Prolonged emotional reactions (frequent crying, irritability, etc.)
- A sense of panic
- Racing thoughts that don't stop and make you feel overwhelmed and afraid
- Social repercussions from the disease

A social worker will be able to give you the support, information and advice you need.

## You can contact the RED CROSS at 1 800 863-6582 to access the following services:

- Friendly calls to break your isolation

Information on the resources available to meet the needs of those in isolation (e.g., online grocery and pharmacy services)

## If you need to help with daily activities for a family member with COVID-19

(for example: eating, going to the bathroom, getting around the house, etc.)

Ideally, the same person should be helping the person with COVID-19. This person must be in good health: he or she must not have a chronic condition, such as diabetes, or be undergoing cancer treatment or taking many medications.

When caring for the sick person, **you must wear a mask**.



Before helping the person, you must:

- Wash your hands
- Wear a mask
- Wear disposable gloves

After helping the person, you must:

- Take off your gloves and throw them out in a closed garbage bin, away from children's reach
- Wash your hands
- Remove your mask and throw it out in a closed garbage bin, away from children's reach
- Wash your hands again

## Precautions when doing laundry and housework

Sheets, towels and clothing of the person who is sick can be washed with the household laundry.

- Wash in hot water.
- Wear disposable gloves (make sure the clothing, sheets and towels that have been in contact with the sick person do not come into contact with your skin or clothing).
- Do not shake out dirty laundry.



Garbage discarded by the person who is sick can be thrown out in the household trash. Close the garbage bag well.

Wash your hands with soap and water every time you have contact with the sick person or with items and surfaces he or she has touched (e.g. nightstand, dishes, etc.). Also wash your hands before and after preparing food, before eating, after using the toilet and every time your hands seem dirty. If soap and water are not available, use a hand sanitizer made with 70% alcohol.

Utensils and dishes used by the person who is sick can be cleaned with regular dish soap or detergent and water. Do not share toothbrushes, cigarettes, utensils, dishes, glasses, cups, towels or sheets, etc. with the person who is sick.

At least once a day, clean and disinfect:

- Surfaces frequently touched by the sick person (e.g., doorknobs, nightstand, bed frame and other bedroom furniture)
- The bathroom and toilet
- To the extent possible, the areas in the home reserved for the sick person should be cleaned and disinfected by this person

## NEW CORONAVIRUS

### **What is the new coronavirus?**

The new coronavirus is a virus that causes respiratory infections.

### **What are the symptoms?**

The main symptoms are fever, cough and breathing difficulties. Other symptoms can develop: nausea, vomiting, headaches, muscle pain, diarrhea.

### **How does the respiratory infection spread?**

It spreads from one person to another through droplets projected into the air when a person with the illness talks, coughs or sneezes. The virus is also believed to spread through feces.



