

Public Health Recommendations

For the person who is sick (confirmed case of COVID-19) in respiratory isolation at home

Please follow these instructions to avoid transmitting the new coronavirus to others.

You will be able to return to your normal activities once the Public Health Directorate of the Centre intégré de santé et de services sociaux de Laval (CISSS de Laval) has informed you that you can do so.

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.
- Stay alone in a separate room as often as possible and close the door behind you.
- Eat and sleep in one single room in your home.
- Use a separate bathroom. If this is not possible, disinfect the bathroom after each use.
- As much as possible, avoid contact with other members in your household. If this is not possible, wear a mask. If you do not have a mask, keep a distance of at least 2 metres (the length of a dinner table) between you and others.
- Ventilate your home often by opening a window (weather permitting).
- Postpone all non-urgent appointments.



Wear a mask

- When someone is in the same room as you.
- If you need to leave your house for medical reasons (after notifying the Public Health Directorate of the CISSS de Laval).



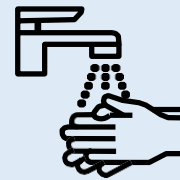
Cover your coughs and sneezes

- 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.



Wash your hands often

- Wash your hands with soap and water for at least 20 seconds.
- If soap and water are not available, use a hand sanitizer made with 70% alcohol.
- Close the toilet lid before flushing and wash your hands.
- Wash your hands before eating, after using the toilet and every time they seem dirty.



Do not share personal items

- Do not share plates, utensils, glasses, towels, sheets or clothing with others.

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.

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:
 - 1st choice: acetaminophen (for example: Tempra[®], Tylenol[®] or Atasol[®])
 - 2nd choice: ibuprofen (for example, Advil[®] or Motrin[®])
 - 3rd choice: Aspirin (acetylsalicylic acid)

Contact the Public Health Directorate of the CISSS de Laval if the following symptoms develop or become worse

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

Public Health Directorate of the CISSS de Laval

From 8:30 am to 4:30 pm: 450 978-2121 ext. 32117 – Ask for the infectious diseases professional on call.
From 4:30 pm to 8:30 am: 514 233-7772 – Ask for the infectious diseases professional on call.

If the on-call professional recommends that you come to the hospital, he or she will tell you what precautions to take. The hospital will also be notified of your arrival.

If a family member needs to help you with your daily activities

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

Ideally, the same person should be helping you. 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 someone else is in the same room as you, you must wear a mask.

Before helping you, the person must:

- Wash his or her hands.
- Wear a mask.
- Wear disposable gloves.

After helping you, the person must:

- Take off the gloves and throw them out in a closed garbage bin, away from children's reach
- Wash his or her hands
- Remove the mask and throw it out in a closed garbage bin, away from children's reach
- Wash his or her 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.

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.

You can contact INFO-SOCIAL 811 (24/7 psychosocial 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)

NEW CORONAVIRUS and RESPIRATORY ISOLATION AT HOME

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.

Why ask people to be in respiration isolation at home?

To prevent the transmission of the infection to others. Your health will be monitored by the Public Health Directorate of the CISSS de Laval.

When does the period of respiratory isolation end?

The Public Health Directorate of the CISSS de Laval will let you know when you no longer need to self-isolate at home.

Symptom Tracker for people who have COVID-19 or have had contact with a confirmed case of COVID-19

The Public Health Directorate recommends that you monitor your health for the entire duration of the illness. During this period:

1. Check for fever, cough, breathing difficulties, vomiting, diarrhea and muscle or joint pain.
2. Take your temperature once a day, ideally at the same time, at the end of the day. If you are taking fever-reducing medication – acetaminophen (for example Tempra[®], Tylenol[®] or Atasol[®]), ibuprofen (for example, Advil[®] or Morin[®]) or aspirin -, you must wait at least four hours before taking your temperature.

Make sure you use the right thermometer based on where the temperature is taken (see table below). Keep in mind that to take a temperature in a person's ear, you need a special thermometer.

Age of the person	Type of thermometer	Fever starting at
Under 2	Rectal or armpit	38.5°C or 101.3°F (rectal temp.) 37.5°C or 99.5°F (armpit temp.)
2 to 5	Rectal or ear	38.5°C or 101.3°F
Over 5	Mouth	38.0°C or 100.4°F

3. Record the temperature and other symptoms, if any, in the table below.

Symptom Tracker					
Date	Time	Fever (degrees)	Cough (yes/no)	Breathing difficulties (yes / no)	Other symptoms (description)

Note: If you need to consult a doctor or other health professional, contact the Public Health Directorate; during the day from **8:30 am to 4:30 pm at 450 978-2121 #32117** or **evenings/night/weekends at 514 233-7772**.

If your condition deteriorates and you are unable to reach the Public Health Directorate, notify the care team present on your arrival at the health care facility.