

Coronavirus (COVID-19)

March 23 2020

Public Health Recommendations Procedure to Follow on Return Home from Abroad

You are asked to follow this procedure to avoid transmitting COVID-19 to others.

Stay at home



- Don't go to school, to work, to a daycare, or to any public place such as a store.
- Don't seek routine medical care or follow-up. If you have a medical issue, call a clinic. They may be able to help over the phone
- Do not take public transportation.
- If you have no one to pick up groceries or medication for you, use your grocer's or pharmacy's home delivery service and stay at least 2 metres away from the delivery person.
- Don't have company over to your home.
- If you live with other people who did not travel,
 - if possible remain alone in your own room in the house;
 - eat and sleep alone in your room;
 - if possible use a washroom that's only for you, or disinfect the washroom each time after you use it; and
 - avoid being in contact with other people in the house as much as possible.
- Air out the house and your room by opening a window, weather permitting.

Wash your hands often



- Wash your hands with warm water and soap for at least 20 seconds.
- Use an alcohol-based disinfectant if you have no soap and water.
- Also wash your hands before eating, after using the washroom, and whenever they are visibly dirty.
- Close the toilet lid before flushing and be sure to wash your hands.

Don't share personal items

- Don't share dishes, utensils, glasses, towels, sheets, or clothes with others.

Watch for symptoms and take your temperature daily

- Take your temperature daily at the same time of day and note it down.
- If you are taking medication for a fever, wait at least 4 hours before taking your temperature.

If you have a pet

- You are not a risk for animals.
- Wash your hands before and after touching your pet.
- If you have a dog, ask someone else to take care of it. If this is not possible, keep the dog on a leash or only let it out into a fenced yard. If you have to go out with your dog, stay at least 2 metres away from anybody you encounter.

Should symptoms appear

If you have mild-to-moderate symptoms, including the following:

- Fever (over 38.0 °C or 100.4 °F)
- Cough
- Diarrhea or vomiting
- Greater than normal fatigue

In addition to the measures above:

Cover your nose and mouth

- when someone else is in the same room as you and is less than 2 metres away, and
- if you have to leave the house for medical reasons or any other reason.



If possible, use a face mask. If not, use a handkerchief or any other material to cover your nose and mouth.

Cover any coughing or sneezing

- Use a facial tissue when you cough, blow your nose, or sneeze.
- Throw the tissue in the garbage as soon as possible and wash your hands.
- If you have no facial tissue, cough or sneeze into the bend of your elbow



Seeking medical help

Don't go to a medical clinic or a hospital without first advising them that you have travelled abroad and without making an appointment.

Call 1-877-644-4545 for advice or to make an appointment to be tested for COVID-19. The test is only for people who present symptoms. Your area's public health department can provide help and guidance.

What to do if you have serious symptoms

If your symptoms are serious, including

- trouble breathing,
- inability to catch your breath, or
- chest pain

Call 911 and say that you have just returned from abroad

What to do if you need help going about your daily business

(e.g., help with eating, going to the washroom, moving around the house, etc.)

Ideally the person who helps you should always be the same person. They should be healthy, have no chronic illness like chronic respiratory disease or diabetes, and not be receiving treatment for cancer.

The person helping you should wash their hands each time before and after helping you.

Precautions to take when doing the wash and cleaning the house

Any sheets, towels, or clothes used by the sick person must be washed separately from those of other people in the house.

- Wash in hot water.
- Wear disposable gloves (make sure that no clothes, sheets, or towels used by the sick person come into direct contact with your skin or clothes).
- Don't shake out dirty clothes.

Clean any utensils or dishes used by the sick person the usual way with your regular soap and water.

Any garbage thrown out by the sick person can be included with the regular household garbage. Make sure the garbage bags are properly closed.

Wash your hands frequently with soap and water

- after any contact with the sick person or any items or surfaces that they touched (e.g., bedside table, dishes, etc.),
- before and after preparing food, before eating, after using the washroom, and each time your hands are visibly dirty and
- if you have no access to soap and water, use an alcohol-based disinfectant.

At least once a day, clean and disinfect

- surfaces frequently touched by the sick person (e.g., handles, bedside table, bedframe, and any other furniture in their bedroom) and
- the washroom and toilet bowl.

If at all possible, the area used by the sick person should be cleaned and disinfected by the sick person. To disinfect, combine 1 part domestic bleach with 9 parts cold water (e.g., 1 cup of bleach and 9 cups of water).

Call 811—the 24/7 psychosocial help line—if

- you feel stressed or anxious,
- you persistently feel overemotional (frequent crying, irritability, etc.),
- you feel a sense of panic,
- you have ideas you can't get out of your head that you find frightening or invasive, or
- the illness is causing you to suffer socially.

Psychosocial professionals can provide help and offer information and advice.

COVID-19 and self-isolating at home

What is COVID-19?

COVID-19 is a respiratory illness caused by the new coronavirus.

What are the symptoms?

The main symptoms are fever, coughing, and trouble breathing. Other symptoms may also appear, including nausea, vomiting, headaches, muscular pain, and diarrhea.

How is the respiratory infection transmitted?

It is transmitted from one person to another through contact with droplets sprayed in the air when a sick person talks, coughs, or sneezes. The virus can also be transmitted through feces.

Why is it important to follow the home self-isolating recommendations?

To avoid transmitting the disease to other people.

How long do I have to self-isolate at home?

If you do not develop any symptoms, you can stop self-isolating 14 days after your return home to Quebec. If symptoms develop, consult a professional at 1-877-644-4545 and follow their advice.