

Decision Fact Sheet

If you have COVID-19 symptoms

Follow the instructions on this poster to help you take the optimal decision for you and your close friends and family. Always use proper hygienic and preventive measures to avoid contamination.

- Wash your hands frequently
- Cough or sneeze into the crook of your elbow, onto your upper arm or into a paper facial tissue, not your hands
- Keep your environment clean

Adults & children

I have a fever (temperature $\geq 38\text{ }^{\circ}\text{C}$ ($100.4\text{ }^{\circ}\text{F}$) or $\geq 37.8\text{ }^{\circ}\text{C}$ ($100\text{ }^{\circ}\text{F}$) for seniors) or any of the following symptoms:

- Onset or worsening of cough
- Difficulty breathing or shortness of breath, runny or stuffy nose, nausea, vomiting and stomach pain
- Extreme fatigue
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Muscular pain
- Headache
- Major loss of appetite
- Sore throat
- Diarrhea

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

Adults & children

I have a fever higher than $38\text{ }^{\circ}\text{C}/100.4\text{ }^{\circ}\text{F}$ and one or more of the following:

- Persistent and/or increasing difficulty in breathing
- Blue lips
- Difficulty moving
- Fever (baby less than three months of age, see page 13)
- Somnolence, confusion, disorientation,
- Difficulty staying awake
- No urine for 12 hours

DECISION

I stay at home and do the COVID-19 Symptom Self-Assessment Tool, or I call the Coronavirus hotline (1 877 644-4545) to find out if a test is recommended.

Follow instructions.

DECISION

Go to the emergency room immediately.

If help is needed, call 911.

GENERAL INFORMATION

Service Québec

Coronavirus hotline

1-877-644-4545 (toll free)

Deaf or hard-of-hearing persons

1-800-361-9596 (toll free)

Important phone numbers:

Your pharmacist:

Your doctor:

Your CLSC:

Keep informed.
The **Québec.ca/coronavirus** website has up-to-date news.

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