

Coronavirus (COVID-19)

April 6, 2020

Public Health Recommendations Procedure to Follow for People Who Have Been In Contact with a Case of COVID-19

This booklet is for people who have been in contact with someone who has been diagnosed with a COVID-19 infection or who is experiencing COVID-19 symptoms.

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 go out for a walk or walk your dog.
- 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 don't have COVID-19,
 - 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.
- If you don't have any symptoms, you can go outside in your backyard as long as you stay at least 2 metres away from other people.

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.

Wash your hands



- Wash your hands often 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.

If you have a pet

- Avoid contact with pets.
- Pets aren't at risk for COVID-19, but their fur and skin can carry the virus.
- The best thing to do is to isolate your pet in a room or cage set aside just for them.
- If you have to take care of your pet, wash your hands before and after any contact.
- If your pet goes outside, keep them in a fenced-off area or on a leash.
- If someone else needs to help you care for your pet, to go on walks for example, that person should also restrict contact and wash their hands before and after touching your pet. Handlers should stay at least 2 metres away from other people at all times on walks.

Watch for symptoms and take your temperature daily

Every day you must check your symptoms and temperature.

- 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.

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 diabetes or chronic respiratory disease, and not be receiving treatment for cancer.

They must wash their hands before and after helping you and avoid touching their face at all times.

If you begin to experience symptoms, the person helping you will have to:

- continue washing their hands and avoid touching their face at all times,
- wear a mask or other cloth covering over their nose and mouth whenever they come within 2 metres of you, and
- wear disposable gloves if they could come in contact with your oral or respiratory secretions or stool.

After helping you, they must:

- remove their gloves and dispose of them in a closed container out of reach of children,
- wash their hands,
- remove their mask or face covering and dispose of it in a closed container out of reach of children (except for cloth versions, which can be washed normally), and
- wash their hands again.

Precautions to take when doing the wash and cleaning the house

The sick person's sheets, towels, and clothes, as well as cloth masks and face coverings, can be washed together with other household laundry. Badly soiled items, such as those exposed to vomit, should be washed separately.

- 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 or in the dishwasher.

Waste from the sick person can be disposed of with regular household waste in a garbage bin lined with a bag. Close the bag and the bin lid tightly.

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.) and
- before and after preparing food, before eating, after using the washroom, and each time your hands are visibly dirty
- If you have no access to soap and water, use an alcohol-based disinfectant.

At least once a day, clean and disinfect

- surfaces and objects 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.

Use disinfectant on clean surfaces.

If the surface isn't clean, wash first with soap and water to remove dirt, grime, etc. Rinse with clean water and wipe with a clean cloth before using disinfectant.

Give the disinfectant a few minutes to work (as per manufacturer's instructions) before wiping away any trace of it with a clean cloth.

Special cleaning instructions:

- Wear leakproof gloves.
- Wash your hands and forearms before putting your gloves on and after taking them off.
- Wash your gloves with water and detergent and let them dry, replacing them with a new pair as needed.
- Wash your hands again.

Cleaning products and disinfectants

For cleaning, use soap and water or household cleaning products. To disinfect, use your regular disinfectant or combine 1 part domestic bleach with 9 parts cold water (e.g., 1 cup of bleach and 9 cups of water).

If at all possible, the area used by the sick person should be cleaned and disinfected by the sick person.

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, a cough or worsening cough, trouble breathing, or a sudden loss of your sense of smell but without accompanying nasal congestion and either with or without the loss of your sense of taste. 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.

When is it OK to stop self-isolating at home?

If you don't develop any symptoms, you can come out of isolation 14 days after you were last exposed to the confirmed case of COVID-19 or, if a healthcare professional is handling your case, as directed by that person. If you develop symptoms, you must remain in isolation for 14 days from when they first appeared and:

- for at least 48 hours from when you last had a fever, and
- for at least 24 hours from when you last had acute symptoms (except the cough, which can persist).

If in doubt, seek a healthcare professional by calling 1-877-644-4545 or check the COVID-19 Self-Care Guide at [Québec.ca/en/coronavirus](https://quebec.ca/en/coronavirus).

Should symptoms appear

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

- Fever (over 38.0 °C or 100.4 °F)
- Cough or worsening cough
- Sudden loss of your sense of smell but without nasal congestion and with or without the loss of your sense of taste

In addition to the measures above:

Cover your nose and mouth

If possible, use a face mask. If not, use a handkerchief or any other material to 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 a public healthcare professional is handling your case, report your symptoms to them and continue following these instructions at all times.

Seeking medical help

Don't show up at a medical clinic or hospital without first notifying them that you have been exposed to COVID-19 and getting an appointment. A public healthcare professional will contact you if necessary.

Call the 1-877-644-4545 hotline for advice 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 specify that you have been exposed to COVID-19