

TO KNOW IF YOU NEED HELP

Frequent symptoms	Severe symptoms
<ul style="list-style-type: none"> Cough Fever Extreme fatigue Sudden loss of sense of smell 	<ul style="list-style-type: none"> Difficulty breathing Pneumonia

Adults & children

No fever (less than 38 °C/100.4 °F) but the following symptoms:

- Sore throat
- Sniffles
- Blocked nose
- Cough

DECISION

I probably have a cold and need to rest.

Adults at risk of severe respiratory symptoms

- I have a fever higher than 38 °C/100.4 °F.
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

Adults

I have a fever and/or some of the following symptoms:

- Cough
- Difficulty breathing
- Sudden loss of sense of smell
- Extreme fatigue

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

DECISION

Call the 1-877-644-4545 coronavirus hotline. Between 8 a.m. and 8 p.m.*

Follow instructions.

* Opening hours are subject to change.

Adults or children

I have a fever higher than 38 °C/100.4 °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

Go to the emergency room immediately.

If help is needed, call 911.

FOR MORE INFORMATIONS :

QUÉBEC.CA/CORONAVIRUS

1-877-644-4545



INFO-SANTÉ AND INFO-SOCIAL : 811

RED CROSS : 1-800-363-7305

LISTENING AND SUPPORT OFFER BY TEL-AIDE OUTAOUAIS :

1-800-567-9699

SUICIDE PREVENTION CENTER:
1 866 APPELLE (277-3553)

Guidance for the management of the Coronavirus disease (COVID-19)

Centre intégré de santé et de services sociaux de l'Outaouais

Québec



PREVENTION

Here is a list of action you can take to prevent coronavirus :

1. **Avoid contacts:** keep a distance of 2 meters in between people, avoid hugging, shaking hand and kisses.
2. Wash your hands **frequently** with warm water and soap or with an alcohol antiseptic solution. You need to wash your hands :
 - Before you touch your face ;
 - After coughing, sneezing and blowing your nose ;
 - Before and after taking care of someone ;
 - When your hands are visibly dirty or after you touch something that is dirty ;
 - Before and after cooking ;
 - Before and after eating ;
 - After going to the bathroom ;
 - Before and after going to a public place.



3. Wear a mask if you are coughing and/or sneezing and you are with other people. **You do not need to wear a mask if you are not symptomatic.**
4. Isolate yourself if you are coming back from outside the country for a period of 14 days.

RESOURCES FOR FAMILIES

Pontiac Family Centre [facebook.com/pages/category/Public-Service/Maison-de-la-famille-du-Pontiac-351402318306603](https://www.facebook.com/pages/category/Public-Service/Maison-de-la-famille-du-Pontiac-351402318306603)
Quyon Family Centre [facebook.com/MaisonfamilleQuyon](https://www.facebook.com/MaisonfamilleQuyon)

1. **To be active outside the house :**
 - Take a walk, play seek and found, plat at tag, etc.
 - <https://www.educatout.com/activites/themes/les-activites-exterieures.htm> (in french)
 - <https://naitreetgrandir.com> : activity sheets
2. **To be active inside the house :**
 - <http://wixx.ca/activites> (exercices, danse)
 - YouTube
 - Force4.tv (physical exercise – in french)
 - Promote children participation in household chores.
3. **To activate neurons :**
 - Work on writing, creativity and organisation ; create a comic strip, write a song, do a research on any subject, etc.
 - Work on maths : do a recipe with fractions, play at the store, etc.
 - Read a book.
 - Play some board game
 - For scientific kind of experiemet : <https://www.lesdebrouillards.com/categorie/experiences/> (in french)
 - Virtual museum tour : <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>
4. **To relax :**
 - <http://imagination.stanford.edu/>
 - <https://cdn.monpanierdachat.com/2092/pdf/exercice-du-papillon-pdf.pdf> (in french)
 - Yoga
 - Mandala type coloring
5. **When you need help :**
 - [https://kidshelpphone.ca/live-chat/? ga=2.243401665.534598544.1585164318-1522621325.1585164318](https://kidshelpphone.ca/live-chat/?ga=2.243401665.534598544.1585164318-1522621325.1585164318)
 - Ligne parents : 1-800-361-5085 (ligneparents.com)
 - <https://www.educatout.com/edu-conseils/strategie-apprentissages/comment-gerer-les-conflits.htm> (in french)



If you or someone you know is hungry and in need of a little help, call **Bouffe Pontiac:** **819-648-2550**

OTHER RESOURCES

L'Entour'Elle Violence against women : **819-683-2709**

AutonHomme Resource/support centre for men: **819-648-2309** ; autonhommepontiac.ca

Le Mont d'Or(Golden peak) Home care support services senior and/or adults experiencing a loss of independence : **819-683-5552** ; lemontdorca-57.websself.net

Table de dév. social du Pontiac (TDSP) : **819-648-2825** ; [facebook.com/PontiacTDS](https://www.facebook.com/PontiacTDS)

Community Development Corporation (CDC Pontiac) : **819-648-5959** ; cdcpontiac.org

Unemployment (Employment-insurance) :

- Regular number : 1-800-808-6352
- When you are sick (quarantine or if you have Covid-19): 1-833-381-2725.

Temporary aid for workers program : 1-800-863-6582

For the workers that are isolated because :

- They have the virus or they have symptoms ;
- They have been in contact with somebody that have the virus ;
- They are back from outside the country ;
- They are not compensated by their employer ;
- They do not have private insurance ;
- Government programs like the federal employment-insurance do not cover them.

Emergency daycare services : <https://www.quebec.ca/en/family-and-support-for-individuals/emergency-daycare-services/>

Hydro Quebec client that know they will have trouble paying their bill can call at 1-888-385-7252 to make arrangement.

The deadline for filing and transmitting the **tax return** has been extended to June 1, 2020.