Coronavirus (COVID-19)

December 11, 2020

Public Health Recommendations
Instructions for People with COVID-19 in Home Isolation

Please follow these instructions to avoid transmitting COVID-19 to others.

Stay Home

- Do not go to school or work, to a daycare, or to any public place such as a store.
- Do not send your children to the daycare and notify the manager if she does not already know.
- Do not go out for a walk.
- Do not take public transportation.
- If you have no one that can help you by picking up your groceries and medications, have your supermarket and pharmacy orders delivered and stay at least two metres away from the delivery person.
- Allow no visitors in 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.
  - Avoid contact with others in the home. Keep a distance of at least 2 metres between yourself and others. Cover your nose and mouth if you need to be closer than 2 metres from someone (see box text below).
  - If possible, eat and sleep alone in a single room of the home.
  - If possible, use a bathroom reserved for you alone. Otherwise, disinfect after each use.
  - Air out the house and your room often by opening a window, weather permitting.
- You can go outside on your balcony or in your private yard, making sure that you are 2 meters away from any other person.

Cover Your Nose and Mouth

If possible, wear a mask or face covering over your nose and mouth:

- Whenever another person is in the same room as you and less than two metres away.
- Whenever you go out for medical reasons.

Learn how to make and use a face covering at Wearing a mask or a face covering in public settings in the context of the COVID-19 pandemic.

Cover Your Nose and Mouth When Coughing or Sneezing

- Use a paper facial tissue when you cough, blow your nose, or sneeze.
- Throw the tissue away in the trash as soon as possible then wash your hands thoroughly.
- If no paper tissues are available, cough or sneeze into the crook of your elbow.

Wash Your Hands Often

- Wash your hands often with soap and warm water for at least 20 seconds.
- Use an alcohol-based hand sanitizer if soap is not available and rub your hands together until they are dry.
- Also wash your hands when they are visibly dirty, before eating and after using the toilet.
- Close the toilet bowl lid before flushing and be sure to wash your hands.

Do Not Share Personal Items

- Do not share dishes, utensils, glasses, towels, sheets and/or clothes with anyone else.

Avoid all contact with pets

There is nothing to suggest that pets play a significant role in spreading COVID-19. However, several cases of transmission between animals and humans have been seen. It is also true that pets exposed to the virus are comparable to potentially contaminated surfaces.

- Abide by public health recommendations for humans with respect to pets.
- If possible, ask another person in the home to care for your pets. If this is not possible, carefully wash your hands before and after you touch your pets and cover your mouth and nose when coughing or sneezing.
- If possible, keep your pets indoors. If you let them out, use a leash or keep in them in a private fenced-in yard.
- Tell people that care for your pets to limit physical contact, wash their hands before and after touching them and implement the usual preventive measure for animal diseases that can be transmitted to humans (see www.mapaq.gouv.qc.ca/zoonoses).
- More information is available at the Quebec.ca Q&A for pet owners and custodians.

Watch for Symptoms and Take Your Temperature Every Day

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

This will be useful if you need to consult a health professional.

Home Care

Note the start date of the first symptom, this will be helpful if you are calling 1 877 644-4545 or seeing a healthcare professional. This information will help determine when preventive home self-isolation will end.

In the great majority of cases, you can be treated at home**.** See the **Self-Care Guide.**

- If you are worried about your health, call the 1-877-644-4545 hotline to be directed to the right resource.
- If you need to go to a medical clinic or a hospital, wear a mask or face covering and tell staff that you have COVID-19 as soon as you arrive.
- If you have severe symptoms such as difficulty breathing, major shortness of breath or chest pain, call 911 before going to the emergency room and tell the agent that you have COVID-19

If You Need Help With Your Daily Tasks Like Eating, Going to the Toilet and Getting Around the House

Ideally, the same person should always help you. That person should be less than 70 years of age, in good health and have no chronic heart or lung or kidney disease, diabetes, major obesity (BMI > 40), weakened immune system or be in treatment for cancer.

You should always wear a mask or face covering over your nose and mouth whenever someone else is in the same room and less than 2 metres away.

Before any person helps you, they must:

1. Wash their hands.
2. Wear a mask or face covering over the nose and mouth.
3. Wear disposable gloves.

After helping you, they must:

4. Remove their gloves and dispose of them in a closed container out of reach of children.
5. Wash their hands.
6. Remove the mask or the face covering;
    - Place the face covering in a closed bag and keep it out of the reach of children until it can be washed normally.
    - Disposable masks should always be placed in a closed garbage bag or can.
7. Wash their hands again.

Laundry and Housecleaning

The sick person's sheets, towels, clothing and face coverings used to cover the nose and mouth can usually be washed with other household laundry. However, they should be washed separately if soiled with vomit, etc.

Wash with hot water.

Wear disposable gloves to avoid direct contact between your skin and clothes and the sick person's clothing, sheets and towels.

- Do not shake out dirty laundry before washing.

The sick person's utensils and dishes can be washed with your usual liquid detergent or in the dishwasher.

The sick person's trash can be bagged and thrown out with the other household trash. Firmly close the lid of the garbage pail or close the bag tightly.

Wash your hands frequently with soap and water:

- After contact with the sick person or objects and surfaces touched by them like a bedside table, dishes, etc.
- Before and after preparing food, before eating, after using the toilet and whenever your hands are visibly dirty
- If soap and water are not available, use an alcohol-based sanitizer.

Clean and disinfect the following at least once a day:

- Objects and surfaces frequently touched by the sick person, such as door handles, a bedside table, other furniture in the room and the bed frame
- The bathroom and toilet

If a surface is clean, apply the disinfectant.

If not, first wash with soap and water to remove all dirt and grime, rinse with clean water and dry with a clean cloth before applying the disinfectant.

Leave the disinfectant to act for a few minutes (follow the instructions on the label) then wipe off completely with a clean cloth.

Special cleaning instructions:

- Wear impermeable gloves at all times.
- Wash your hands and forearms for 20 seconds before putting on the gloves and after removing them.
- Wash the gloves with detergent and water then let them dry before re-use, or replace them with a new pair as you see fit.
- Wash your hands with soap and water again for 20 seconds.

Cleaning and disinfecting products

Use soap and water or household cleaners. Use your regular disinfectant or a mix of 1 part domestic bleach to 9 parts cold water (e.g., 1 cup bleach mixed with 9 cups water).

If possible, have the sick clean and disinfect their own rooms and surfaces themselves.

Call Info-Social 811 (24/7 Psychosocial Hotline) if You are Experiencing Any of the Following:

- Stress or anxiety
- Lasting emotional reactions (frequent crying, irritability, etc.)
- Feelings of panic
- Ideas that never leave you alone, never cease and frighten you
- Social repercussions of COVID-19

Psychosocial health professionals will provide support and share information and advice as needed.

COVID-19 and Home Self-Isolation

What is COVID-19?

COVID-19 is a disease cause by the novel coronavirus.

What are its symptoms?

The main symptoms of COVID-19 are fever, the onset or worsening of cough, difficulty breathing and/or loss of smell without nasal congestion. Other symptoms may be experienced, such as a sore throat, muscle ache, intense fatigue, major loss of appetite, and vomiting and diarrhea.

How does COVID-19 spread?

The disease is transmitted from one person to another by contact with droplets sprayed in the air when a sick person talks, coughs or sneezes. People who are symptom-free may unknowingly transmit COVID-19. Transmission from touching contaminated surfaces or objects, while possible, is not the main transmission mode.

Why is it so important to obey home isolation recommendations?

To avoid infecting others.

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

As a rule, you can end your quarantine 10 days after the onset of your symptoms and:

- You have had no fever for 48 hours without using fever medicine.
- You have had no symptoms for at least 24 hours (excluding cough and loss of smell which may last longer).

If you haven't developed any symptoms, you can leave isolation 10 days after taking your test.

No document (eg certificate) or procedure should be required after a period of isolation. Once the duration of this is over, you can resume your activities, if the other conditions are met.

If you are a health worker, you should contact your place of work for instructions on when and how to end your quarantine and return to work.

If in doubt, call the 1-877-644-4545 hotline or refer to the COVID-19 Self-Care Guide at Québec.ca/en/coronavirus.

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