

# Decision Fact Sheet

Post in a public place

## 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

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:

- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Cough
- Difficulty breathing
- 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

I stay at home and call the 1-877-644-4545 coronavirus hotline.

Between 8 a.m. and 8 p.m.\*

Follow instructions.

\* Opening hours are subject to change.

### 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:

### 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)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

### DECISION

Go to the emergency room immediately.

If help is needed, call 911.

Keep informed.

The [Québec.ca/coronavirus](https://quebec.ca/coronavirus) website has up-to-date news.