

COVID-19

WHAT SHOULD I DO IF I HAVE SYMPTOMS? - People aged 18 or older

I HAVE **ONE** OF THE FOLLOWING SYMPTOMS:

- Fever $\geq 38.1^{\circ}\text{C}$
- Cough (new or worsened)
- Sudden loss of smell without a stuffy nose, with or without loss of taste
- Shortness of breath
- Difficulty breathing
- Sore throat
- Runny or stuffy nose
- Headache
- Intense fatigue
- Generalized muscle aches (not related to physical exertion)
- Significant loss of appetite
- Stomach aches
- Nausea
- Vomiting
- Diarrhea



If the symptoms start at home

I notify my workplace or school and **stay at home.**



If the symptoms start at work or school

I must head home **immediately.**



I stay home and I need to complete the **online self-assessment tool by clicking [here](#)** and follow the instructions or call **1-877-644-4545**.



NEW

If I have to get tested, **everyone in the household must also isolate.**

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If I receive a **negative test result**,* my symptoms have decreased, and my general condition is good, the members of the household and I **can resume our activities.****

**If indicated in the online self-assessment.*

***Except if I am in isolation because I have been in contact with someone who is positive for COVID-19.*

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If my **test result is positive**, I have to **isolate myself for 10 days**. **Members of the household** must also isolate themselves **for 14 days**.



WHAT IF I REFUSE THE SCREENING?

If I need to be tested for COVID-19, but I **refuse**, I must stay **in isolation at home for a minimum of 10 days** from the onset of my symptoms **AND until they disappear.**



NEW

In this situation, **members of the household must also isolate themselves for 14 days.**

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This document is updated regularly.
Please visit santeestrie.qc.ca to ensure you have the most recent version.

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