

# COVID-19

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

The list of symptoms and instructions to follow apply **regardless of the vaccination status.**

### 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
- 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**.



If I have to get tested, **everyone in the household don't have to isolate while waiting for the results.**

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If my test result is **negative**,\* my symptoms have improved, and my general condition is good, I **can resume my 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** should follow the instructions given by the Direction de santé publique de l'Estrie at the time of the investigation.



### 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.**

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In this situation, **members of the household must also isolate themselves for 10 days** and must monitor their symptoms for 14 days.