

RECOMMENDATIONS

**FOLLOW THESE RECOMMENDATIONS
THE MONTRÉAL REGIONAL PUBLIC HEALTH DEPARTMENT WILL TELL YOU
WHEN YOU CAN RETURN TO YOUR REGULAR ACTIVITIES**

PRECAUTIONS FOR THE PERSON WHO IS SICK

Stay home

- Don't go to school, work, or social and sport activities. If needed, your doctor can give you a note explaining your absence.
- Don't have visitors in your home.
- In your home, stay in a separate room from other people as often as possible.
- Eat and sleep alone in a separate room.
- Avoid contact with other people in your home as much as possible.
If this isn't possible, wear a mask or keep a distance of two metres (about the length or a big dining room table) from other people.
- Open a window often to air out your home.

Wear a mask

- When someone is in the same room as you.
- When travelling in a car with other people.
- If you have to go to the hospital.

Cover coughs and sneezes

- Use a kleenex (paper tissue) when you cough or sneeze, and to blow your nose.
- Throw out the tissue and then wash your hands.
- Cough or sneeze into your elbow if you don't have a tissue.

Wash your hands as often as possible

- Wash your hands with soap and water for at least 20 seconds.
- If there is no soap and water, use a sanitizer containing 70% alcohol (e.g. Purell).

Don't share your personal objects

- Don't share plates, utensils, glasses, towels, sheets or clothes with people living with you.

Watch for symptoms and take your temperature every day

(You will be given a thermometer if you don't have one.)

You will have to answer a short questionnaire every day about your symptoms and temperature. The public health department will give you the questionnaire.

- Take your temperature every day at the same time, and write it down in the questionnaire.
- If you take fever medication, wait at least 4 hours before taking your temperature.
- Fever medications:
 - 1st choice: acetaminophen (e.g. Tempra, Tylenol or Atasol)
 - 2nd choice: ibuprofen (e.g. Advil or Motrin)

Let the regional public health department know if there are any changes in your health.

Also contact the public health department if the following symptoms appear or become more serious:

- Fever
- Cough
- Shortness of breath, difficulty breathing or chest pain
- Severe diarrhoea or vomiting
- Extreme fatigue

If the health professional on call at the public health department recommends that you go to the hospital, he or she will tell you how to get there and what precautions to take. The professional will also notify the hospital of your arrival.

Regional public health department

8:30 a.m. to 4:30 p.m.: 514-528-2400 – Ask for the health professional on-call for infectious diseases.

4:30 p.m. to 8:30 a.m.: 514- XXX-XXXX

If a family member or friend must help you with your daily activities (for example: help you eat, go to the bathroom, move around)

- Ideally, the same person should always be the one helping you. This person must be in good health, and should not have chronic illnesses like diabetes, be undergoing cancer treatment or be taking several medications.
- Before helping you, the person must
 - wash his or her hands,
 - put on a mask, and
 - put on disposable gloves.
- After helping you, the person must
 - take the gloves off and throw them out into a garbage can with a lid, out of reach of children,
 - wash his or her hands,
 - take off the mask, and
 - wash hands again.

PRECAUTIONS FOR PEOPLE LIVING WITH YOU

- Other people in the household can continue their usual activities. They don't have to remain in isolation at home, unless the public health department requires them to.
- Other people in the household must monitor their health and notify the public health department if they have the following symptoms:
 - Fever
 - Cough
 - Shortness of breath, difficulty breathing or chest pain
 - Severe diarrhoea or vomiting
 - Extreme fatigue

PRECAUTIONS FOR THE PERSON WHO DOES THE CLEANING AND LAUNDRY IN YOUR HOME

- The sick person's sheets, towels and clothes can be washed with those of other people in the household:
 - Wash in hot water.
 - Wear disposable gloves.
 - Don't shake out dirty clothes.
 - Avoid direct contact between your clothes and skin and the sick person's clothes, sheets and towels.
- The sick person's garbage can be thrown out with the household garbage. Close the bag tightly.
- Wash your hands with soap and water after any contact with the sick person or with objects or surfaces he or she has touched (e.g. night table, dishes). Also wash your hands before and after preparing food, before eating, after going to the toilet and whenever your hands look dirty. If you don't have access to soap and water, use a sanitizer containing 70% alcohol (e.g. Purell).
- Clean the sick person's utensils and dishes with soap or detergent and water.

- Clean and disinfect the following items at least once a day:
 - Surfaces the sick person touches often (e.g. night table, bed frame and other furniture in the person's room)
 - Bathroom and toilet bowl

To disinfect, prepare a solution with 1 part bleach (5%) and 9 parts water (e.g. 1 cup bleach and 9 cups of water).

NOVEL CORONAVIRUS HOME ISOLATION

What is the novel coronavirus?

What are the symptoms?

The novel coronavirus causes respiratory infections. The main symptoms are fever, cough and difficulty breathing. Other symptoms can develop: nausea, vomiting, headache, muscle pain, diarrhoea.

How does the respiratory infection spread?

It spreads from person to person through contact with droplets expelled into the air when an infected person talks, coughs or sneezes. It is also possible that the virus spreads through stools.

Why is home isolation required?

Home isolation is required to prevent spreading the illness to other people. You will be monitored by Montréal's public health department.

When can home isolation be discontinued?

When Montréal's regional public health department informs you that home isolation is no longer required.

FOR INFORMATION

Direction régionale de santé publique du
CIUSSS du Centre-Sud-de-l'Île-de-Montréal

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514-528-2400

4:30 p.m. to 8:30 a.m.:
514- XXX-XXXX

Ask for the health professional on call
for infectious diseases

www.santemontreal.qc.ca/coronavirus

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/>

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