What to Do After Your COVID-19 Test: When You Have Symptoms

Based on your symptoms, you may have COVID-19. You must **return home and self-isolate while you wait** for your test results. Please follow the guidelines below.

1. Leaving the Hospital

- Preferred choice of transport should be your own vehicle or a taxi.
- If you take public transport, maintain 2 metres (6 feet) distance from others.

2. Monitor Your Health & Take Care of Yourself

- Get rest and **stay at home**.
- Drink plenty of fluids.
- Watch for changes to your symptoms and take your temperature every day.
- Take all the medication you have been prescribed.

If you have question or worries

Dial 811 to speak to a nurse at Info-Santé

If your symptoms get worse

Go to an Emergency Room

3. Protect Those Around You

- You must stay at home. You cannot go to work, school or any other public space.
- Keep apart from other people and from animals in your house. If possible, stay in a separate room and use a bathroom you do not have to share.
  - o If staying in a separate room is not possible, stay at least 2 metres away from anyone else.
  - o If you must share a bathroom, clean it with bleach **after every use**.
- Avoid contact with other people, especially pregnant woman, the elderly, and people who have weak immune systems or who have serious health conditions (such as heart problems, diabetes, breathing problems or cancers).
- Avoid sharing personal household items (for example: dishes, drinking glasses, utensils, towels, and bedding).
- Wear a mask over your nose and mouth any time you cannot keep at least 2 metres away from other people.

4. Practice Good Hygiene

- **Wash your hands often** with soap and water or with an alcohol-based hand rub.
- Avoid touching your eyes, nose, or mouth.
- Cover your nose and mouth with a tissue or use the bend of your elbow when you cough or sneeze. Throw out the tissue and wash your hands right after.