

Decision Fact Sheet FOR PARENTS

Post in a public place

If your child has 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

CHILDREN

If your child has a symptom from this list:

- Fever (with the temperatures currently listed according to age)
- Cough (new or worsening),
- Shortness of breath, difficulty in breathing
- Loss of taste or smell
- Sore throat
- Nausea
- Diarrhea
- Vomiting
- Stomach aches
- Congestion
- Runny nose
- Major fatigue
- Severe loss of appetite
- Muscle pain

ADULTS

I have a fever (temperature $\geq 38\text{ }^{\circ}\text{C}$ (100.4 $^{\circ}\text{F}$) or any of the following symptoms:

- Onset or worsening of cough
- Difficulty breathing
- Extreme fatigue
- Sudden loss of sense of smell without nasal congestion, with or without loss of taste
- Muscular pain
- Headache
- Major loss of appetite
- Sore throat
- Diarrhea

ADULTS & CHILDREN

I have a fever higher than $38\text{ }^{\circ}\text{C}/100.4\text{ }^{\circ}\text{F}$ 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

I stay at home and have my symptoms assessed at Quebec.ca/decisioncovid19 or by calling 1-877-644-4545.

GENERAL INFORMATION

Services 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:

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.

Santé
et Services sociaux

Québec

