

## General Information Kit

Those wishing to obtain information on the situation of COVID-19 in Quebec are invited to visit the [Quebec.ca / coronavirus](https://quebec.ca/coronavirus) website.

Anyone who thinks they have COVID-19 or who wishes to obtain information about it, is invited to dial, starting March 9, 2020, 1 877 644-4545.

- In the meantime, the public can reach Info-Santé 811 at any time.

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## General preventive measures

Recognized hygiene measures are recommended for everyone:

- Wash your hands often with warm running water and soap for at least 20 seconds.
- Use an alcohol-based disinfectant if you do not have access to soap and water.
- Observe the rules of hygiene when you cough or sneeze and cover your mouth and nose with your arm to reduce the spread of germs.
- If you use a tissue, throw it away as soon as possible and wash your hands afterwards.

## Information for people returning from abroad

The level of risk for Canadians traveling abroad varies depending on the destination. It is recommended to consult the [Québec.ca / coronavirus](https://quebec.ca/coronavirus) website for the recommendations for each country.

## Border measures

### At Canadian airports

- All passengers from countries affected by COVID-19 receive a leaflet detailing the recommendations to be followed.
- Passengers who go to automatic kiosks must also answer specific questions about their state of health and their travel history.

### **People experiencing symptoms**

- People who report experiencing symptoms at the airport are assessed by a quarantine officer.
- The Quarantine Act allows this officer to take appropriate action when there is a potential public health risk, such as ordering the traveler to be taken to hospital for a medical examination.

### **Return of people with no symptoms**

- It is important that people monitor their health upon return to the country. They may have been in contact with the new coronavirus while they were abroad.
- For a period of 14 days from the date of your return to Canada, the Public Health Agency of Canada requests to watch for the appearance of fever, cough and difficulty breathing.
- If a person has these symptoms, they should isolate themselves at home as soon as possible and immediately call the competent public health authorities.

### **Specific recommendations**

Anyone who has traveled to **regions of the world at risk of contagion** in the past few months must:

- Limit contact with others during the 14 days from the day of arrival in Canada. It means self-isolation and staying at home.
- Contact the local public health authority within 24 hours of arriving in Canada.