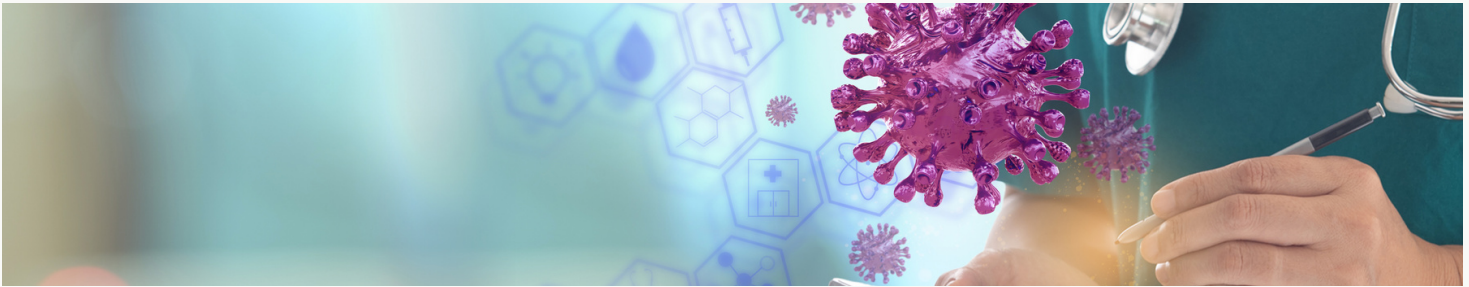


PARTNERS IN HEALTH



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JULY 2022



Rapid Tests for Covid-19

- Are used to quickly know if you have the Covid-19 virus
- Are easy to use and results are available in minutes
- Are obtained in most pharmacies

When to Use a Rapid Test

- Do a rapid test if you feel unwell.
- Symptoms can be mild and resemble a cold.

If You Test Positive

- Self-isolate for 5 days (It is important to self-isolate because you are contagious and can spread it to others).
- After the 5 days if you are feeling better and you have not had a fever you can return to essential activities like work and school.

During the next five days

- Wear a mask during interactions with others
- Avoid contact with vulnerable people
- Avoid participating in nonessential social events
- Maintain physical distance (2 metres) from others



When Can I Get Back To Usual Activities?

If You Are Unvaccinated

- You must obtain a negative Covid-19 test to resume your activities after the 5 days of self-isolation. If the result is positive, you need to continue too self-isolate.

If You Are Vaccinated

- You do not need to repeat a Covid-19 test or obtain a negative test. Respect the self-isolation period of 5 days. If you are feeling better and have not had a fever in the last 24 hours complete another 5 days of only essential activities, wear a mask, and avoid being in contact with vulnerable people.

What Does Self-Isolate Mean?

- Stay at home
- You may go out in your backyard or balcony
- Avoid receiving visitors in your home
- Have groceries and medications delivered to you
- Keep physical distance (2 metres) from others

Instructions for People Who Live With You

For 10 days people who live in your household need to:

- Watch for appearance of symptoms
- Avoid contact with vulnerable people
- Wear a mask for any social interaction
- Maintain physical distance (2 metres) from others

Vulnerable People, Who Are They?

- People with weakened immune systems
- Those living with an illness such as diabetes, heart, lung, or kidney disease
- People aged 70 and older



When To See a Doctor

If you have one of the following symptoms see a doctor:

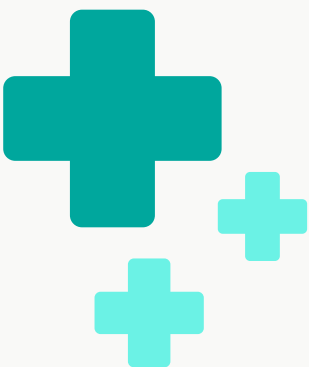
- A fever that lasts more than 72 hours
- Intense headache not relieved with Tylenol or Advil
- Severe sore throat that makes it hard to swallow
- Shortness of breath that limits your ability to do your normal daily activities (bathing, getting dressed, eating)
- Worsening cough
- Abdominal pain and diarrhea lasting longer than 14 days

Go To The Emergency Room or Call 911 if you have:

- Severe pain in chest, jaw, or left arm
- Deterioration in your general condition such as extreme drowsiness, severe weakness, or confusion
- Unusual or worsening shortness of breath

If you have questions or if you are unsure what to do, please call the bilingual 24/7 service, 811 (Info Santé) and speak with a nurse.

This is a summary of information found on the Quebec.ca website at:
<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus>





Vaccination against Covid-19

For those aged 60 years and older:

- If you have had 4 doses of the vaccine you do not need a booster dose of the vaccine at this time.

If you have had 3 doses or less: When was your last dose?

If it is less than 3 months – wait at least 3 months before getting your next dose of the vaccine.

If it is more than 3 months - you may get a dose of the vaccine.

For those who are between the ages of 18 – 59 years:

- 3 doses of the Covid-19 vaccine are recommended. An interval of 3 months between doses is required.

For those aged 12 and over who are on dialysis or have weakened immune systems:

- 5 doses of the Covid-19 vaccine are recommended. A 3-month interval between doses is required.

If you have had Covid-19:

- Wait 3 months from the day you tested positive to get vaccinated.

Children 6 months to 11 years of age:

- Two vaccine doses at least 8 weeks apart are recommended for children in Canada.

Recall that getting vaccinated helps boost your immunity against the virus which begins to weaken over time.

If you have questions about getting vaccinated, please consult with your doctor / 811 (Info Santé) / a pharmacist for assistance and advise.

Source: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/progress-of-the-covid-19-vaccination/get-vaccinated-covid-19>

<https://www.canada.ca/en/public-health/services/vaccination-children/covid-19.html#a1>