

TO KNOW IF YOU NEED HELP

Frequent symptoms	Severe symptoms
<ul style="list-style-type: none"> Cough Fever Extreme fatigue Sudden loss of sense of smell 	<ul style="list-style-type: none"> Difficulty breathing Pneumonia

Adults & children

No fever (less than 38 °C/100.4 °F) but the following symptoms:

- Sore throat
- Sniffles
- Blocked nose
- Cough

DECISION

I probably have a cold and need to rest.

Adults at risk of severe respiratory symptoms

- I have a fever higher than 38 °C/100.4 °F.
- I am in an at-risk category for severe respiratory complications (senior or person with chronic cardiac and/or pulmonary problems, immune deficiency or diabetes).

Adults

I have a fever and/or some of the following symptoms:

- Cough
- Difficulty breathing
- Sudden loss of sense of smell
- Extreme fatigue

I am an elderly person with geriatric symptoms (loss of autonomy, falling, confusion onset, agitation or sluggishness, loss of appetite, extreme fatigue, etc.).

DECISION

Call the 1-877-644-4545 coronavirus hotline. Between 8 a.m. and 8 p.m.*

Follow instructions.

* Opening hours are subject to change.

Adults or children

I have a fever higher than 38 °C/100.4 °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, see page 13)
- Somnolence, confusion, disorientation, difficulty staying awake
- No urine for 12 hours

DECISION

Go to the emergency room immediately.

If help is needed, call 911.

FOR MORE INFORMATIONS :

QUÉBEC.CA/CORONAVIRUS

1-877-644-4545



INFO-SANTÉ AND INFO-SOCIAL : 811

RED CROSS : 1-800-363-7305

LISTENING AND SUPPORT OFFER BY TEL-AIDE OUTAOUAIS :

1-800-567-9699

SUICIDE PREVENTION CENTER:
1 866 APPELLE (277-3553)

Guidance for the management of the Coronavirus disease (COVID-19)

Centre intégré de santé et de services sociaux de l'Outaouais

Québec



PREVENTION

Here is a list of action you can take to prevent coronavirus :

1. **Avoid contacts:** keep a distance of 2 meters in between people, avoid hugging, shaking hand and kisses.
2. Wash your hands **frequently** with warm water and soap or with an alcohol antiseptic solution. You need to wash your hands :
 - Before you touch your face ;
 - After coughing, sneezing and blowing your nose ;
 - Before and after taking care of someone ;
 - When your hands are visibly dirty or after you touch something that is dirty ;
 - Before and after cooking ;
 - Before and after eating ;
 - After going to the bathroom ;
 - Before and after going to a public place.



3. Wear a mask if you are coughing and/or sneezing and you are with other people.
4. Wearing a mask / homemade face covering is recommended for everyone in public settings (ex: grocery store) when physical distancing is not possible, such as when you are shopping. This must be accompanied by other protective measures, such as proper hygiene.
5. Isolate yourself if you are coming back from outside the country for a period of 14 days.

RESOURCES FOR FAMILIES

Pontiac Family Centre [facebook.com/pages/category/Public-Service/Maison-de-la-famille-du-Pontiac-351402318306603](https://www.facebook.com/pages/category/Public-Service/Maison-de-la-famille-du-Pontiac-351402318306603)
Quyon Family Centre [facebook.com/MaisonfamilleQuyon](https://www.facebook.com/MaisonfamilleQuyon)

1. **To be active outside the house :**
 - Take a walk, play seek and found, plat at tag, etc.
 - <https://www.educatout.com/activites/themes/les-activites-exterieures.htm> (in french)
 - <https://naitreetgrandir.com> : activity sheets
2. **To be active inside the house :**
 - <http://wixx.ca/activites> (exercices, danse)
 - YouTube
 - Force4.tv (physical exercise – in french)
 - Promote children participation in household chores.
3. **To activate neurons :**
 - Work on writing, creativity and organisation ; create a comic strip, write a song, do a research on any subject, etc.
 - Work on maths : do a recipe with fractions, play at the store, etc.
 - Read a book.
 - Play some board game
 - For scientific kind of experiment : <https://www.lesdebrouillards.com/categorie/experiences/> (in french)
 - Virtual museum tour : <https://www.mentalfloss.com/article/75809/12-world-class-museums-you-can-visit-online>
4. **To relax :**
 - <http://imagination.stanford.edu/>
 - <https://cdn.monpanierdachat.com/2092/pdf/exercice-du-papillon-pdf.pdf> (in french)
 - Yoga
 - Mandala type coloring
5. **When you need help :**
 - <https://kidshelpphone.ca/live-chat/?ga=2.243401665.534598544.1585164318-1522621325.1585164318>
 - Ligne parents : 1-800-361-5085 (ligneparents.com)
 - <https://www.educatout.com/edu-conseils/strategie-apprentissages/comment-gerer-les-conflits.htm> (in french)



If you or someone you know is hungry and in need of a little help, call Bouffe Pontiac: **819-648-2550**

OTHER RESOURCES

L'Entour'Elle Violence against women : **819-683-2709**

AutonHomme Resource/support centre for men: **819-648-2309** ; autonhommepontiac.ca

Le Mont d'Or(Golden peak) Home care support services senior and/or adults experiencing a loss of independence : **819-683-5552** ; lemontdorca-57.websself.net

Table de dév. social du Pontiac (TDSP) : **819-648-2825** ; [facebook.com/PontiacTDS](https://www.facebook.com/PontiacTDS)

Community Development Corporation (CDC Pontiac) : **819-648-5959** ; cdcpontiac.org

Unemployment (Employment-insurance) :

- Regular number : 1-800-808-6352
- When you are sick (quarantine or if you have Covid-19): 1-833-381-2725.

Temporary aid for workers program : 1-800-863-6582

For the workers that are isolated because :

- They have the virus or they have symptoms ;
- They have been in contact with somebody that have the virus ;
- They are back from outside the country ;
- They are not compensated by their employer ;
- They do not have private insurance ;
- Government programs like the federal employment-insurance do not cover them.

Emergency daycare services : <https://www.quebec.ca/en/family-and-support-for-individuals/emergency-daycare-services/>

Hydro Quebec client that know they will have trouble paying their bill can call at 1-888-385-7252 to make arrangement.

The deadline for filing and transmitting the **tax return** has been extended to June 1, 2020.