

# COVID-19



## Protect yourself and your family

Do you have **one or more** of the following **symptoms**?

- **cough**
- **fever**
- **difficulty breathing**
- **loss of smell or taste**

Have you been in contact with someone who has these symptoms or COVID-19?

**Get a screening test  
with or without an appointment  
1-877-644-4545**

**[www.cisss-lanaudiere.gouv.qc.ca](http://www.cisss-lanaudiere.gouv.qc.ca)**

Centre intégré  
de santé  
et de services sociaux  
de Lanaudière

Québec 

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# Coronavirus (COVID-19)



Centre intégré de santé et de services sociaux  
de Lanaudière

## Let's continue to protect ourselves!



If you have **symptoms** (fever, cough, difficulty breathing, sore throat, diarrhea, etc.), **stay home**.



**Before and after going out:** Wash your hands often with water and soap or with an alcohol-based disinfectant.



Stay **at least 2 metres** (about 6 feet) away from other people. If this is not possible, wear a **face covering**.



**Don't touch your face** and cough into a tissue or into the **crook of your elbow**.



After using a tissue, **throw it out** immediately, then **wash or disinfect your hands**.

Québec 

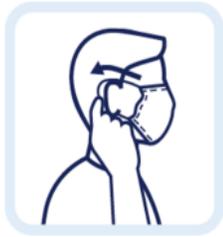
## The face covering

Wearing a face covering **is mandatory in public places**. For example: grocery stores and other stores, buses and subways, hospitals.

### How to use a face covering



1. Wash your hands before putting on your face covering.



2. With one hand, place the face covering over your nose and mouth. Use your other hand to attach it behind your ears with the elastic or string.



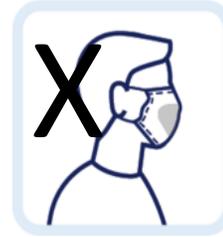
3. Adjust the face covering to your nose.



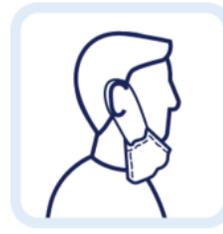
4. Now adjust it under your chin.



5. Wash your hands after putting on the face covering. If you touch your face covering while wearing it, wash your hands.



6. Change your face covering if it becomes moist, soiled or damaged.



7. Do not leave the face covering hanging from your neck or ear. Keep it on your face and avoid touching it.



8. Remove your face covering by the elastic or string without touching the face covering.



9. Wash your face covering with the rest of the laundry.