



ATTENTION: These instructions are updated regularly

1. What symptoms are consistent with COVID-19 ?

Click on the link to learn about [symptoms consistent with COVID-19](#)

2. What to do if I or my child have symptoms consistent with COVID-19 ?

- A person who has [symptoms](#) must **isolate themselves immediately**
- A symptomatic person must do a [home screening test](#) and follow the isolation **instructions for the results obtained**
- If you **don't have access to a screening test or if the result is positive**, the symptomatic person must follow the [Instructions for people with COVID-19](#); anyone from the same household must follow the [Instructions for people who have been in contact with a case of COVID-19](#)

To obtain **instructions** that apply to the **age and situation of your child**, the government has put online a [COVID-19 self-assessment tool](#), allowing you to know the recommendations on the steps to follow

3. What to do if the symptomatic person test negative ?

The person **must self-isolate**, monitor [symptoms](#) and administer a **second rapid test 24 hours later**

After the second rapid test:

- If the result is **positive**, **continue to self-isolate*** and follow the [Instructions for people with COVID-19](#); anyone from the same household must follow the [Instructions for people who have been in contact with a case of COVID-19](#)
- If the result is still **negative** and the **symptoms improve**, it is possible to resume activities while applying [basic health instructions](#)
- If the result is **negative** and the **symptoms persist or worsen**, call [1-877-644-4545](tel:1-877-644-4545) and you will be directed to the appropriate resource

*Note that the **first day of symptoms** is **day 0 (D0)** and **day 1 (D1)** is the **day after symptoms start**. For example, if the symptoms started on **Monday D0**, **Tuesday is D1** and his/her **isolation** will be over at the **end of D5**, i.e. **Saturday evening**

4. What to do if I or my child test positive for COVID-19 ?

A person **aged 12 and over AND adequately vaccinated** must:

- **Self-isolate** for a minimum of **5 days**
- Follow the [Instructions for people with COVID-19](#); anyone from the same household must follow the [Instructions for people who have been in contact with a case of COVID-19](#)

A person **aged 12 and over AND not adequately vaccinated** must:

- **Self-isolate** for a period of **10 days**
- Follow the [Instructions for people with COVID-19](#); anyone from the same household must follow the [Instructions for people who have been in contact with a case of COVID-19](#)

Children **under 12** must:

- **Self-isolate** for a minimum of **5 days**
- Follow the [Instructions for people with COVID-19](#); anyone from the same household must follow the [Instructions for people who have been in contact with a case of COVID-19](#)

5. What to do if my child has been in contact with a COVID-19 case at school or daycare ?

Your child **does not need to self-isolate**

For **additional instructions**, please refer to the [Instructions for children \(COVID-19\)](#)

6. What to do if I or my child have been in contact with a COVID-19 case at home ?

A **modified isolation must be applied**: This means that **neither you nor your child have to isolate yourself**, but you must **for 10 days**:

- **Monitor for [symptoms](#)**
- **Avoid** contact with **vulnerable people**
- **Wear a mask** during any social interaction, **if he or she is primary school aged**
- Keep a **distance of 2 metres**, when possible

Unvaccinated person who have never had COVID-19 must self-isolate for 5 days and watch for [symptoms](#)

For the **next 5 days**, they must:

- **Monitor for [symptoms](#)**
- **Avoid** contact with **vulnerable people**
- **Wear a mask** during any social interaction, **if he or she is primary school aged**
- Keep a **distance of 2 metres**, when possible

For **additional instructions**, please refer to the [Instructions for people who have been in contact with a case of COVID-19](#)

7. What if someone else in our household, becomes symptomatic or positive ?

If another member of your household **develop symptoms or becomes a case of COVID-19**, he or she must **begin a new period of isolation** and follow the instructions indicated on the page [Instructions for people with COVID-19 symptoms](#)

There is **no need to extend the isolation period** if another member of your household becomes a case of COVID-19

8. How long is the isolation ?

The risk of **reinfection with COVID-19 is low within a three-month period**. It is therefore not necessary to isolate yourself or take a screening test **if you have already had COVID-19 since December 20, 2021**

To find out which **instructions apply to you or your child**, check out [this tool](#):

To find out **what specifics may apply**, please refer to the [Québec.ca/isolement](#)

AS OF FEBRUARY 14, 2022

DURATION OF ISOLATION
IF ONE OF THE FOLLOWING SITUATIONS APPLIES TO YOU:

- My COVID-19 test result was positive
- I have COVID-19 symptoms and have not taken a screening test
- I live in the same home as someone who has COVID-19*
- I am in a couple relationship with someone who has COVID-19 but does not live with me?

The risk of reinfection with COVID-19 is low within a three-month period. It is therefore not necessary to isolate yourself or take a screening test if you have already had COVID-19 since December 20, 2021.

12 years up	Less than 12 years of age
5 DAYS* Screening required for the 5 following days: - For those not adequately vaccinated with symptoms or positive for COVID-19 isolation is 10 DAYS .	5 DAYS and another need symptoms test after day 5. - If the test result is positive, extend isolation to another 5 days. - If the test result is negative, the child can return to normal activities (including required for children 5 years of age and older).

* If symptoms persist and after no fever is measured for at least 24 hours.

Isolation starts either from the date of symptoms onset, date of test if there are no symptoms, or date when contact with an infected person occurred.

If you are a **health worker**, contact your place of work for instructions on ending isolation and returning to work.

* If you develop symptoms, extend your isolation and take a screening test.

[Québec.ca/isolement](#)

Special conditions may apply. See details on Québec.ca

Votre gouvernement Québec

9. If someone has tested positive for COVID-19, when can they get a COVID-19 vaccine ?

In order to **increase the effectiveness** of the **COVID-19 vaccine**, it is **recommended to wait 8 weeks** before you or your child can receive a dose of vaccine

However, there is **no risk of receiving it before the recommended 8 weeks**

[For more information on COVID-19 vaccination](#)