



# ACCÉSSS

Alliance des Communautés Culturelles pour  
l'Égalité dans la Santé et les Services Sociaux

## The Facts about COVID-19 — Coronavirus 19

**The World Health Organization** has officially declared the **status of a pandemic** as applies to COVID-19 and, although its propagation in Quebec is actually under control, **the next few weeks promise to be critical** in counteracting the contagion; and our government is taking all **the necessary steps** to respond rapidly and efficiently, both scientifically and socially.

### What is COVID-19?

COVID-19 is a virus of the coronavirus family that can cause serious health problems, especially to the elderly or those who have a weakened immune system or suffer from a chronic illness.

### What are the symptoms of COVID-19?

Its symptoms are similar to those of the seasonal flu or of the common cold. It is characterized by:

- ...a sudden and powerful fever;
- ... coughing;
- ... fatigue;
- ... and difficulty breathing.

### Are the symptoms the same for everyone?

Some persons can be asymptomatic and can heal without the need of any particular treatment or may simply display few symptoms.

Other patients can suffer aches and pain, a runny nose, or recurrent diarrhea.

Symptoms can be mild (similar to a cold) or more severe (such as those associated with pneumonia and with breathing and renal difficulties). In serious cases, the infection can cause death.

### **Which are the most affected organs?**

Usually: the nose, the throat and the lungs.

### **How is it transmitted?**

The virus can be transmitted by:

- ... direct contact with the exhaled droplets of an infected person when he or she coughs or sneezes;
- ... close and prolonged contact with an infected person;
- ... indirect contact with the hands, objects or surfaces covered with the droplets expelled by the mouth, nose or eyes of the infected person.

### **How long can Coronavirus 19 survive?**

In general, Coronavirus 19 does not survive a long time on objects:

- ... about 3 hours on dry objects and surfaces;
- ... 6 days on wet objects or surfaces.

### **What to do if I have the symptoms?**

Quebec residents who develop symptoms such as fever, cough or breathing difficulties upon returning from a trip outside Canada, are urged to call **1 877 644 4545**.

Screening clinics have been set up across Quebec in order to quickly diagnose persons who may have been infected; however, **you must call 1 877 644 4545 before showing up in any of said clinics.**

- During calling or visiting the hospital, you must mention if you have visited another country since the start of 2020, or had contact with persons who have travelled or immigrated recently.

### **Is there a vaccine or a treatment for the virus?**

For the moment, there is neither vaccine nor treatment, but support treatments to soothe and mitigate the symptoms can be offered.

Most infected persons recover normally by themselves.

The best means to protect oneself against the virus is to follow the following prevention rules:

## **How can I prevent being infected by this virus?**

These are the proven hygienic measures recommended for all:

- Wash your hands frequently with soap and running lukewarm water for at least 20 seconds;
- Use an alcohol-based disinfectant if you don't have access to soap and water;
- Observe the rules of hygiene when you cough or sneeze;
  - Cover your mouth and nose with your arm in order to reduce the propagation of droplets when you cough or sneeze;
  - If you use a paper tissue, discard it if you can, and wash your hands afterwards;
- Avoid visiting persons in hospitals or long-term care residences in the 14 days following your return from a foreign country, or if you are sick yourself;
- Avoid direct physical contact, such as shaking hands or kissing, when greeting anyone.

Montreal's Regional Public Health Directorate has confirmed that access to the COVID-19 Screening clinic at the Hôtel-Dieu Hospital is open to everyone, regardless of their immigration status, with or without RAMQ coverage. Do not forget to call 1 877 644 4545 to be properly referred.

This is Montreal's Regional Public Health Directorate website for further information about this virus: <https://santemontreal.qc.ca/population/coronavirus-covid-19/>

### **Useful Links:**

**COVID-19 General Information phone line**, Monday to Friday, 8:00 a.m. to 6:00 p.m.:  
1 877 644 4545

**Government of Canada Information phone line** about COVID 19: 1 833 784 4397

The WHO website: <https://www.who.int/fr/emergencies/diseases/novel-coronavirus-2019>

**The government of Quebec** website: <https://www.quebec.ca/sante/problemes-de-sante/a-z/coronavirus-2019/#c46333>

The following are the **most recent measures undertaken** to limit the propagation of COVID-19:

- 14-days **voluntary self-isolation at home** of all persons who have returned from abroad, starting on March 12<sup>th</sup> 2020;
- 14-days **compulsory self-isolation at home** for all public sector employees as well as all personnel, both public and private, employed in healthcare, education and daycare services, who have returned from abroad starting on March 12<sup>th</sup> 2020;
- **Cancellation of all unnecessary gatherings in enclosed spaces**, for 30 days starting on March 12<sup>th</sup> 2020;
- **Interruption of all daycare services** (CPE, subsidized and non-subsidized daycare services, home childcare and unregulated nurseries) and all educational establishments (primary and secondary schools, trade schools, private schools, CÉGEPs, colleges and universities) from **March 16<sup>th</sup> to the 27<sup>th</sup> included**. Special measures will be set up to maintain daycare services in order to accommodate parents who work in the public healthcare network and other essential services;
- Finally, **healthcare prevention and control measures will be enhanced** for all cases of presumed or confirmed infection.

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