



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.

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.

The Montreal regional public health department confirms that access to screening for COVID-19 is open to all, regardless of their immigration status, entitled to medical coverage or not. Screening clinics with or without an appointment are at your service. Please visit government sites for more information or call the following number: 1-877-644-4545.

Useful Ressources:

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

<https://santemontreal.qc.ca/population/coronavirus-covid-19/>

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/>

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