

Monitor your OWN health.

Watch for:

- fever
- cough
- difficulty breathing
- Muscle aches, fatigue, headache, chills, loss of smell, gastric symptoms. i.e. diarrhea, nausea or vomiting.

If you develop any of these symptoms, call

1-877-644-4545

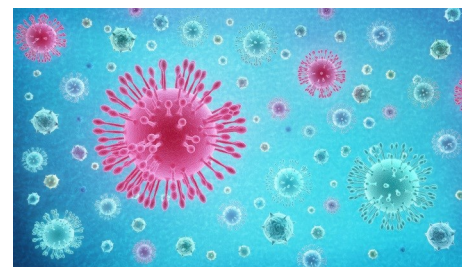
**ÉLIMINEZ LES GERMES : NETTOYEZ VOS MAINS !
FIGHT GERMS: CLEAN YOUR HANDS!**



Centre intégré
universitaire de santé
et de services sociaux
du Centre-Ouest-
de-l'Île-de-Montréal

Québec 

COVID-2019



Information for caregivers

This new virus spreads person-to-person which means there is a possibility that you could be infected as well.

Please RETURN HOME if:

- ♦ you feel sick or you have COVID-19 symptoms
- ♦ you have travelled outside of Quebec within the past 14 days
- ♦ you had contact with someone ill with the new COVID-19 within the past 14 days.

Please follow these instructions to keep you, and those around you, SAFE.

If you don't respect these prevention measures, we may ask you to leave.

Check with staff before you go into the room. You **MUST** remain in the same room as your family member.

Please follow these instructions on how to put on and take off protective equipment as indicated in the posters on the units.