

HOW DO I PROTECT MYSELF?

For the moment there is no vaccine against this new disease. To protect yourself, you must avoid coming into close contact with individuals who are coughing and have a fever **as a result of being infected with SARS.**

Some people have been in contact with an infected person, but do not have a fever. As a precaution, physicians are asking these people to remain at home for 10 days. If the disease does not appear during this period, they may resume their regular activities.

Health care professionals who are treating SARS patients must wear a mask. However, wearing a mask in the general population is not necessary.

ANY OTHER QUESTIONS?

At the moment, you do not need to modify your regular activities because of this disease.

If you have been in contact with a person infected with SARS and you start getting a fever, please call Info-Santé CLSC. A nurse will tell you what to do. You will find their number in the front pages of the telephone book for your region.

For answers to questions not directly pertaining to your health, contact Communication-Québec at **1-800-363-1363** (toll-free).

To obtain the latest information about SARS, consult the website of the Ministère de la Santé et des Services sociaux at www.msss.gouv.qc.ca/sras

SEVERE ACUTE RESPIRATORY SYNDROME

SARS

WHAT YOU NEED TO KNOW ABOUT

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)

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SARS

WHAT IS

SEVERE ACUTE RESPIRATORY SYNDROME (SARS)?

Severe Acute Respiratory Syndrome, or SARS, is a new respiratory disease. It has also been called “atypical pneumonia” but Severe Acute Respiratory Syndrome is a more accurate name for it.

The disease first appeared in Asia at the end of 2002. It was then spread to various countries, including Canada, by international travel.

Although some people have died of SARS, most infected individuals (95%) make a full recovery.

HOW IS THIS NEW DISEASE IDENTIFIED?

SARS has symptoms that resemble those of other diseases, such as the flu or pneumonia. Infected individuals have a fever (above 38 degrees Celsius), a cough and difficulty breathing.

Having these symptoms does not mean you have been infected with Severe Acute Respiratory Syndrome. To determine whether you have this disease, a physician will, in addition to carrying out a regular exam, check whether you:

- ▶ recently visited a region of Asia where the disease is present; or
- ▶ were in close contact with an infected person.

HOW IS THE DISEASE TRANSMITTED?

To be infected with SARS, you must be in close contact with a person who has a fever as a result of the disease. This means being in the same room as the sick person and within about one meter of them.

To prevent the spread of the disease, physicians are treating patients infected with SARS in isolation rooms, to avoid bringing them into contact with other patients.