RESPIRATORY INFECTIOUS DISEASES
(such as the flu or COVID-19)

Decision tool

To protect your health and that of others

Respiratory infectious diseases spread very easily.

They can circulate year round, but mainly from late fall to early spring.

The symptoms and their severity can vary depending on a person's age and health.

The main symptoms are as follows:

- fever (for children, see Québec.ca/FluColdGastro);
- cough (new or worsened);
- sore throat;
- stuffy nose.

Protective and hygiene measures can also help prevent the spread of respiratory infectious diseases:

- do frequent hand hygiene;
- cough and sneeze into the bend of your elbow;
- clean and disinfect your immediate environment, such as furniture surfaces, countertops, door handles and light switches;
- do not hesitate to wear a well-fitting mask in crowded public places if you are vulnerable to respiratory infections (elderly individuals, pregnant women, people who are immunocompromised or have a chronic illness);
- Increase ventilation, for example by opening the windows for a few minutes.

When a vaccine is recommended against an infection or disease, get vaccinated. It's the best way to protect yourself and other people.
Québec.ca/VaccinationCampaign

Québec.ca/FluColdGastro

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IF YOU HAVE SYMPTOMS OF A RESPIRATORY INFECTION,
consult this table to help you make the best decision for yourself and your loved ones.

I don't have a fever, but I do have the following symptoms: • stuffy nose; • cough (new or worsened); • sore throat.	**DECISION** I wear a mask and I keep a distance from other people. I avoid contact with vulnerable people and non-essential social events. I choose to do remote activities, when possible. I consult the Self-care guide for infectious respiratory disease at Québec.ca/FluColdGastro. I consult a healthcare provider like a pharmacist, if necessary.
I have a fever and the following symptoms: • cough (new or worsened); • sore throat; • stuffy nose; • muscle or joint pain; • extreme fatigue; • headache	**DECISION** In addition to the above recommendations, **I stay home.** Most people with an infection recover without special treatment. Consult Québec.ca/FluColdGastro. If you are worried, call Info Santé 811, option 1.
I have symptoms of respiratory infectious disease and I am at risk of complications (babies under 6 months of age, people aged 60 and over, pregnant women, people who are immunocompromised or have a chronic illness).	**DECISION** **I call Info Santé 811, option 1.** I follow the recommendations given to me based on the evaluation of my health or that of my loved one. When I am around other people, I wear a mask as much as possible. I make an appointment quickly to get tested: Québec.ca/LocalPointService.
I have symptoms of respiratory infectious disease and I am in one of the following situations: • persistent or increasing pain when I breathe; • worsening or persistent fever (fever that is lasting 5 days or more); • symptoms that are getting worse or that have not improved after 7 days	**DECISION** **I consult my doctor** as soon as possible. If I don't have one, I visit Québec.ca/GuichetAccès. When I am around other people, I wear a mask. If in doubt, I contact Info Santé 811, option 1.
I am in one of the following situations: • persistent or increasing difficulty breathing; • blue lips; • severe chest pain; • persistent or worsening severe headache; • drowsiness, difficulty staying awake; • confusion, disorientation; • seizures (the body stiffens and the muscles contract, causing involuntary jerky movements); • no urine for 12 hours, intense thirst; • fever in a child who seems very ill, lacks energy and refuses to play; • fever in a baby who is less than 3 months old.	**DECISION** **I go immediately to the emergency room.** If I need immediate assistance or help, I call 911.

The information in this document does not replace the opinion of a healthcare professional.
If you have any questions about your health, call **Info Santé 811, option 1** or consult a healthcare professional.

GASTROENTERITIS

Decision tool

To protect your health and that of others

Gastroenteritis can be caused by a virus, a bacterium or a parasite.

Norovirus is the most frequent cause of gastroenteritis in adults while rotavirus is more common in children.

The main symptoms of gastroenteritis are as follows:

- Diarrhea: at least three watery or loose stools within a 24-hour period, or an increase in the frequency or quantity of bowel movements;
- stomach pains and cramps;
- nausea;
- vomiting;
- mild fever (in some cases);
- muscle aches;
- loss of appetite;
- change in overall condition (weakness, drowsiness, irritability, confusion).

The symptoms of gastroenteritis usually last 24 to 72 hours.

A person with the condition is generally contagious when symptoms are present, especially when they are at their most intense.

A person can remain contagious for a few weeks after the symptoms have disappeared.

Measures to prevent and limit transmission:

- do frequent hand hygiene, preferably using soap and water;
- clean and disinfect toilet seats as well as any surfaces or objects that may be contaminated by stool or vomit;
- vaccinate young children against rotavirus. It's the best way to protect them.

If your job involves handling food, you should be symptom-free for 48 hours before returning to work.

Québec.ca/FluColdGastro

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IF YOU HAVE SYMPTOMS OF GASTROENTERITIS,

consult this table to make the best decision for yourself and your loved ones.
If you suspect a traveller's diarrhea, contact Info Santé 811.

I have diarrhea, for less than 48 hours, without any other associated symptoms, and my general condition is good.	**DECISION** I probably have a temporary upset stomach. **A balanced diet should alleviate the symptoms.** If necessary, I call Info Santé 811, option 1.
I have diarrhea (at least three loose or semi-loose stools, or stools that are more abundant and frequent than usual over a 24-hour period), and I have the following symptoms: • stomach pains and cramps; • nausea; • vomiting; • loss of appetite; • mild fever; • headache; • muscle aches.	**DECISION** I probably have gastroenteritis that is caused by a virus. It will last 24 to 72 hours. I stay at home until the symptoms disappear. **I self-care at home.** I check how to rehydrate and nourish myself: Québec.ca/FluColdGastro. If necessary, I call Info Santé 811, option 1.
I have symptoms of gastroenteritis **and I am at risk of complications** (children under 2 years of age, people aged 65 and over, pregnant women, people who have a chronic illness).	**DECISION** **I call Info Santé 811, option 1.** I follow the recommendations given to me based on the evaluation of my health or that of my loved one.
• I have had diarrhea for over 48 hours without any improvement and I have followed the instructions for rehydrating and eating. • I have had diarrhea and a fever for over 48 hours. • I have been vomiting for over 48 hours without any improvement and I have followed the instructions for rehydrating and eating. • I have had diarrhea for over a week.	**DECISION** **I consult my doctor** as soon as possible. If I don't have one, I visit Québec.ca/GuichetAccès. If in doubt, I contact **Info Santé 811, option 1.**
• I have a lot of blood in my stool or black stool. • I have diarrhea with severe abdominal pain. • I have diarrhea, I am very thirsty and I have not urinated for over 12 hours. • I have frequent episodes of vomiting that are not decreasing after 4 to 6 hours. • There is stool or blood (red or looks like coffee grounds) in my vomit. • My overall condition is getting worse (weakness, drowsiness, irritability, confusion).	**DECISION** **I go immediately to the emergency room.** If I need immediate assistance or help, I call 911.

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If you have any questions about your health, call **Info Santé 811, option 1** or consult a healthcare professional.

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