

INSTRUCTIONS TO BE FOLLOWED

Do like Peter

Have you been in **CONTACT** with someone who has **COVID-19**?



Like Peter, you have been in the presence of a COVID-19 positive person **less than 2 metres away for more than 15 minutes (consecutive or not)?**

1
He is staying home for **14 days.**



2
He got a screening test. Even though the **results are negative** he is staying home.



3
Peter is **avoiding contact** with other members of his household as much as possible. If possible, he **sleeps alone** in one room, **eats alone**, and uses a **separate bathroom.**



He always stays **2 metres away** from other members of his household.

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4

If Peter develops **symptoms**, he will be tested again.

Even if his **results are negative** for the second test, **he must continue to stay at home.**



Peter has not developed any symptoms. **He is staying home for 14 days.** He resumes his daily activities and go to work on the 15th day.



What about the people living with Peter?



Peter's spouse does not need to go into isolation or be tested since she has not been in contact with the person who has COVID-19.*

Peter's daughter, who goes to daycare, does not have to go into isolation or be tested since she has not been in contact with the person who has COVID-19*.

IF PETER TESTS POSITIVE FOR COVID-19, THE PEOPLE WHO LIVE WITH HIM WILL BECOME CONTACTS AND WILL HAVE TO FOLLOW THE INSTRUCTIONS ABOVE.

Get informed

quebec.ca/covid-19

or call
1 877 644-4545

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Québec

