

## Patient information

ENGLISH

1 877 644-4545 COVID -19 INFORMATION HOTLINE

### Self care Guide

[https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes\\_de\\_sante/19-210-30A\\_Guide-auto-soins\\_anglais.pdf?1584985885](https://cdn-contenu.quebec.ca/cdn-contenu/sante/documents/Problemes_de_sante/19-210-30A_Guide-auto-soins_anglais.pdf?1584985885)

### Public health instructions and directions concerning COVID 19

<https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/instructions-directives/>

### Avoiding contamination at home (French only)

<https://www.lapresse.ca/societe/sante/202003/20/01-5265747-covid-19-mode-demploi-pour-eviter-la-contamination-de-la-maison.php>

### Procedure to follow if contact with confirmed case of COVID 19

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-210-32WA.pdf>

### Procedure to follow for people waiting for a COVID 19 test result

<https://publications.msss.gouv.qc.ca/msss/fichiers/2019/19-210-35WA.pdf>

### Psychological well-being during quarantine (French only)

[https://fmoq.s3.amazonaws.com/pratique/coronavirus/documentation/Maintien\\_sante%CC%81mentale\\_quarantaine\\_mars2020.pdf](https://fmoq.s3.amazonaws.com/pratique/coronavirus/documentation/Maintien_sante%CC%81mentale_quarantaine_mars2020.pdf)

### Advice for psychological well-being (French only)

<https://www.ordrepsy.qc.ca/coronavirus-covid-19-conseils-psychologiques-et-informations-au-grand-public>

### Advice pour children – Canadian Pediatric Society

<https://www.caringforkids.cps.ca/handouts/the-2019-novel-coronavirus-covid-19>

March 30th 2020

## **Open school website: activities for children**

<https://www.ecoleouverte.ca/en/resources/browse/1>

## **CNESST and occupational advice relating to COVID 19**

<https://www.cnesst.gouv.qc.ca/salle-de-presse/Pages/covid-19.aspx>

## **Health Canada resources**

<https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>