

PROTECTING MYSELF AGAINST GASTRO AND RESPIRATORY INFECTIONS



Gastroenteritis

Starts suddenly and lasts an average of 1 to 3 days. One or several symptoms may be present:

- nausea and/or vomiting
- sore stomach and/or diarrhea
- low fever



Respiratory infections (flu, cold, COVID-19)

Last on average 7 to 10 days. The symptoms are:

- fever
- sore throat
- dry or wet cough
- runny nose and/or congestion
- muscle aches



I am contagious :



To stay healthy

- I get vaccinated in the fall (flu, COVID-19)
- I avoid contact with people who are ill
- I wash my hands often:
 - after coughing, sneezing or blowing my nose
 - before and after handling food
 - after going to the toilet
 - when my hands are dirty



I have symptoms

- I notify the healthcare personnel in my residence
- I stay in my apartment
- I avoid outings
- I avoid non essential visits
- I take all my meals in my apartment
- I wash my hands often



My health worries me

1. The nursing personnel at my residence
2. Info-Santé
3. My pharmacist
4. My family doctor



I go to emergency or call 911 if :

- For gastroenteritis :**
- I experience dizziness or loss of consciousness
 - I am very thirsty and have not urinated in 12 hours
 - I see traces of blood in my vomit or stools
- For respiratory infections :**
- I have difficulty breathing
 - It feels as though I have pain or a weight in my chest