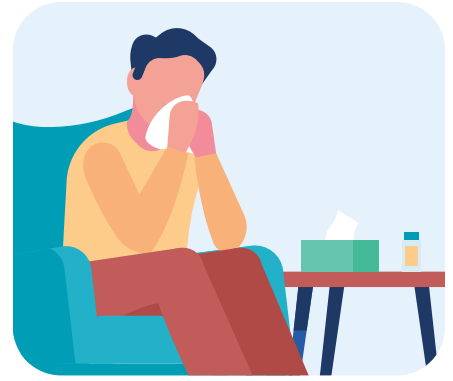


Flu, COVID, Respiratory Viruses



EMERGENCY: CALL **911** IF

- You have trouble breathing.
- You have chest pain.
- You have trouble urinating.
- You are confused.
- Your lips are blue.
- You have a very severe headache that came on suddenly.
- You have trouble staying awake.
- You have a seizure.

When to seek **professional** help

- Your temperature is not going down in spite of taking medication.
- You have stomach pain or are vomiting.
- You have had a fever for more than 2 days with no improvement.
- Spots, patches or redness appear on your skin.
- You recently traveled to a country where, according to the Government of Canada (travel.gc.ca), there are health risks.

How to get **help**

- 24/7, dial **811**
- Call your pharmacist
- Call your clinic to make an appointment
- If you do not have a doctor, dial **811 option 3**
- Find an appointment on rvsq.gouv.qc.ca

This booklet is not intended to replace the advice of a medical professional, nor is it intended to be a substitute for medical care.

All content available on sante.quebec

Symptoms: Fever, fatigue, cough, muscle pain, headache, congestion, sore throat (COVID-19: sometimes loss of taste or smell).

What to do at home



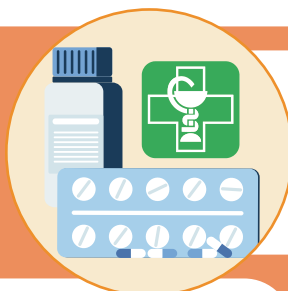
Rest: Rest as much as possible.



Hydration: Drink plenty of water, herbal tea or broth.



Nose: If congested, do a nasal rinse. Use a saltwater solution purchased from the pharmacy or a homemade solution: 4 cups of water, 2 teaspoons of salt and $\frac{1}{2}$ teaspoon of baking soda.



Medication: Speak to your pharmacist to make sure you are buying the products that are right for you.



Elevate: Sleep with your head slightly elevated.



Distance: To reduce the risk of making others sick, keep your distance or wear a mask.



Check out the advice on sore throats.