

Decision Chart

Protecting yourself and others

If you have flu symptoms

Use the guidelines in this table to help make the best decision for you and your loved ones. Always use hygiene and prevention measures to avoid contamination:

- Wash your hands frequently.
- Cough or sneeze into the crook of your elbow rather than into your hands.
- Keep your surroundings clean.

SITUATION FOR AN ADULT OR CHILD

The person does not have a fever (temperature less than 38°C or 100.4°F), but does have these symptoms:

- Sore throat
- Runny nose
- Stuffy nose
- Cough

DECISION

Probably a cold.
Rest at home.

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F). The fever came on suddenly and is accompanied by these symptoms:

- Cough
- Sore throat
- Headache
- Significant fatigue
- Muscle aches

DECISION

Probably the flu.
Rest at home.
Refer to the Self-care Guide.
Call Info-Santé 8-1-1 if needed.

SITUATION FOR AN ADULT OR CHILD AT RISK OF COMPLICATIONS

The person has a fever over 38°C (100.4°F) and belongs to a group at risk of developing complications (children under 2 years of age, seniors, pregnant women, and individuals with chronic diseases).

SITUATION FOR AN ADULT OR CHILD

The person has a fever and one of these symptoms:

- Shortness of breath
- Difficulty breathing
- Painful breathing
- Vomiting for more than four hours
- Fever in a child who is too quiet and less active than normal, who refuses to play or is agitated

DECISION

See a doctor today.

SITUATION FOR AN ADULT OR CHILD

The person has a fever over 38°C (100.4°F) and one of the following:

- Difficulty breathing that persists or worsens
- Blue lips
- Difficulty moving
- Severe neck stiffness
- Drowsiness, confusion, disorientation, or difficulty being roused
- Convulsions
- No urination for 12 hours
- Fever in an infant under 3 months old

DECISION

Go to the emergency room immediately.
Call 9-1-1, if necessary.

General Information

Services Québec

Centre de relations avec la clientèle

Québec Region

418-644-4545

Montréal Region

514-644-4545

Elsewhere in Québec

1-877-644-4545 (toll-free)

Teletypewriter (TTY) for persons with a hearing or speech impairment:

1-800-361-9596 (toll-free)

Health-related Questions

Info-Santé 8-1-1

www.guidesante.gouv.qc.ca

www.msss.gouv.qc.ca

Important Phone Numbers:

Your pharmacist:

Your doctor:

Your CLSC:

Stay informed. Visit

www.pandemiequebec.gouv.qc.ca

for up-to-date information.

Ce document est disponible en français.

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Santé
et Services sociaux

Québec