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, RSV)
-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 :

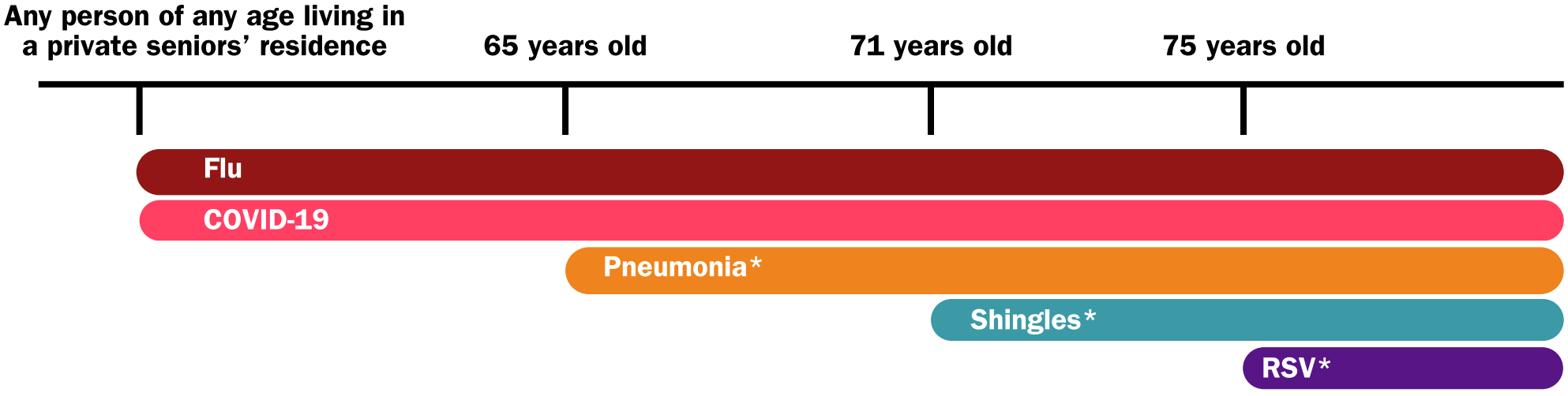
For gastroenteritis :
-I experience dizziness or loss of consciousness
-I am very thirsty and have not urinated in 12 hours
-I see traces of blood in my vomit or stools

For respiratory infections :
-I have difficulty breathing
-It feels as though I have pain or a weight in my chest

Santé Québec

GETTING VACCINATED IS PART OF MY HEALTHCARE ROUTINE

These vaccines are offered for **free** after a certain age or depending on your state of health.



* **Some people may be eligible to receive these vaccines sooner, depending on their health conditions.**
Consult a healthcare professional.

A production of the Direction de santé publique de la Montérégie