

Subject: Return to the community after a hospitalization

Dossier :

Nom, Prénom :

Date de naissance : ☐ F ☐ M
aaaa-mm-jj

NAM : Exp.
aaaa-mm

Nom, Prénom de la mère :

☐ You were in close contact with a COVID-19 case during your hospitalization

☐ You were hospitalized in a unit with a COVID-19 alert or outbreak

You must now follow certain instructions after being discharged

CLOSE CONTACT	
☐ Fully vaccinated	☐ Not fully vaccinated
• After being discharged, you must self-isolate at home until _____ inclusively (5 days from last contact). • Watch for symptoms. • If you have not developed any symptoms after 5 days, you can stop self-isolating. For the next 5 days, you must: ○ Watch for symptoms; ○ Avoid contact with vulnerable individuals; ○ Wear a mask during any social contacts; ○ Maintain a physical distance of 2 m (if possible).	• After being discharged, you must self-isolate at home until _____ inclusively (10 days from last contact). • Watch for symptoms.

UNIT WITH AN ALERT OR OUTBREAK
For 10 days after being discharged, you must: ○ Watch for symptoms; ○ Avoid contact with vulnerable individuals; ○ Wear a mask during any social contacts; ○ Maintain a physical distance of 2 m (if possible).

SELF-ISOLATION MEASURES

- Do not go to school, work, an early childhood or daycare centre, or any other public place, such as a store, and do not use public transit.
- Do not go out for a walk.
- You can go outside on your balcony or in your own yard, making sure to keep 2 m away from other people.
- Do not allow any visitors in your home.
- If you have no one who can help you, have your grocery and pharmacy orders delivered.
- If you live with other people who do not have COVID-19, avoid contact with them.
- Keep at least 2 m away from other people. [Cover your nose and mouth](#) if you need to be closer than 2 m to someone. You can also visit the page [Mask types and how to choose them](#) to find out which mask to use.
- Remain alone in one room of the house as often as possible.
- If possible, eat and sleep alone in one room of the house.
- If possible, use a bathroom reserved for you alone. Otherwise, disinfect after each use.
- Air out the house and your room often by opening a window, weather permitting.

COVID-19 SCREENING TESTS

- If you develop symptoms and **you are a [high-priority client](#)**, it is recommended that you get tested at a screening centre. The list and all the information related to COVID-19 is available at: <https://www.quebec.ca/en/health/health-issues/a-z/2019-coronavirus/testing-for-covid-19>.
- If you have symptoms of COVID-19, but are not a priority client, it is recommended that you do a rapid test, available from pharmacies.
- If you are unable to get rapid tests, you will be considered a COVID-19 case and must self-isolate:
 - If you **are not** considered partially protected: 10 days, inclusively;
 - If you are **considered partially protected**: 5 days, inclusively. You must wear a mask at all times for the next 5 days.
- If you test negative, **you must still self-isolate until the appointed date.**

ADDITIONAL INFORMATION

For more information about your situation, you can visit [Québec.ca/isolation](#) or call 1-877-644-4545.

If you are a healthcare worker, contact your health office to find out about return-to-work conditions. You can end your self-isolation according to the criteria in this letter.

Note that if you live in a residence (e.g., PSR, IR, etc.), other measures may be required in addition to those outlined in this letter. In that case, you will need to follow the guidelines in place at your residence.

Thank you for your cooperation in this matter.

Sincerely,

Doctor's signature: _____ Date: yyyy/mm/dd