

Subject: Return to the community after a positive COVID-19 test

Dossier :
Nom, Prénom :
Date de naissance : ☐ F ☐ M
aaaa-mm-jj
NAM : Exp. aaaa-mm
Nom, Prénom de la mère :

You tested positive for COVID-19 on _____

After you are discharged, you must self-isolate at home until _____ inclusively.

According to MSSS criteria, you had and/or are considered:

	Yes	No	Duration of measures
Severe illness			21 days
Immunocompromised			21 days
Fully vaccinated			5 days + 5 days wearing a mask
Not fully vaccinated			10 days

IMPORTANT

Severe illness/Immunocompromised person/Not fully vaccinated

In order to break your isolation on the date indicated, you must not have had a fever for 48 hours (without taking fever medication) and your symptoms must have improved in the previous 24 hours. If that is not the case, continue self-isolating until these criteria are met.

Mild illness/Fully vaccinated

If you are fully vaccinated, you must self-isolate for 5 days from the date your symptoms started or from the date of your test, if you are asymptomatic.

You can stop isolating and resume your regular activities after 5 days, if you meet these two criteria:

- Your symptoms have improved or disappeared;
- You have not had a fever for at least 24 hours (without taking fever medication).

However, for an additional 5 days, you must:

- Wear a mask during any social contacts;
- Maintain a physical distance of 2 m;
- Avoid contact with vulnerable individuals

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.

ADDITIONAL INFORMATION

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

If your health condition worsens or you develop severe symptoms, such as difficulty breathing or significant shortness of breath, call 911 and say that you have COVID-19.

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.

Thank you for your cooperation in this matter.

Sincerely,

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