

Stay vigilant

Updated on October 3, 2024

Self-monitoring of flu-like or gastrointestinal symptoms

At least one of the following symptoms

- Fever for less than 48 hours (38° C and over)
- Diarrhea for less than 48 hours
- Vomiting for less than 48 hours

UNFIT FOR WORK



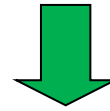
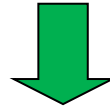
Do not show up for work:

- ✓ Self-isolate at home until 48 hours without symptoms (fever, diarrhea, vomiting).
- ✓ Inform your manager or the person in charge of your absence.
- ✓ **Fill out** the online symptom self-assessment form (see QR code) OR contact the Occupational health and safety department to learn about the directives for a withdrawal at 1 833-755-0668, option 1.
- ✓ Make an appointment on the Clic Santé portal if you want a screening test.
- ✓ Apply the directives of the IPC team and of the Occupational health and safety department.

One or more of the following symptoms

- Nausea
- Abdominal pain
- Fatigue
- Nasal congestion
- Runny nose
- Cough
- Sore throat
- Loss of taste or smell
- Muscle pain
- Headache

FIT FOR WORK



Show up for work:

- ✓ Wear a procedure mask **as long as you have symptoms.**
- ✓ **Fill out** the online symptom self-assessment form (see QR code) OR contact the Occupational health and safety department to learn about the directives for a withdrawal at 1 833-755-0668, option 1.
- ✓ Make an appointment on the Clic Santé portal if you want a screening test.
- ✓ Apply the directives of the IPC team and of the Occupational health and safety department.

The occupational health and safety hotline for employees will contact you based on the symptom self-assessment form.

Clic Santé portal: <https://portal3.clicsante.ca/>

Symptom self-assessment form: <https://forms.office.com/r/3Cvcl2Q5Q4?origin=lprLink>



(You can access the symptom self-assessment form directly by scanning the QR code with your cellphone).

Centre intégré
de santé
et de services sociaux
de la Côte-Nord

Québec 