

Information on Coronavirus (COVID-19)

Key messages. As the situation across the world is quickly evolving, this information may need to be updated.

Transmission: by respiratory droplets produced when an infected person coughs or sneezes or by contact with surfaces infected by a person with the disease

Symptoms: from mild flu-like symptoms to severe pneumonia. Main symptoms are fever, dry cough and shortness of breath.

Persons more at risk: elderly individuals, patients with chronic diseases like cardiac disease, hypertension, diabetes, chronic bronchitis, smokers

There is no evidence to date that patients with rheumatologic diseases (with or without immunosuppressive treatment) are at higher risk to get sick with the COVID-19 compared to any other infection.

What should you do?

1. Prevention is key like for any other infection
 - ⇒ Wash your hands regularly with soap and water or with antiseptic gel
 - ⇒ Avoid touching your face with your hands
 - ⇒ Cough or sneeze in your elbow not your hand
 - ⇒ Use disposable tissues
 - ⇒ Clean and disinfect regularly your cell phone
 - ⇒ Avoid crowds and gatherings
 - ⇒ Avoid using public transportation if possible
 - ⇒ Avoid handshakes and braces
 - ⇒ As recommended by our Premier of Quebec, avoid any travel
 - ⇒ Unless you have respiratory symptoms, wearing a mask is not recommended
2. **Do NOT stop your current medication if you are not sick.** A flare of your disease could weaken your immune system.
3. If you become sick with the COVID-19, contact your Rheumatologist to discuss your treatment.

Until you get a call back, any patient taking steroids (prednisone, cortisone) should **CONTINUE** this medication as prescribed even if sick with the COVID-19. A sudden stop in the treatment could be harmful.

What should you do if you have symptoms of Covid-19?

Unless you are in critical condition, please call the number below **BEFORE GOING TO THE HOSPITAL OR A WALK-IN CLINIC:**



1-877-644-4545
quebec.ca/coronavirus

