

Visit of pope Francis July 27-28-29, 2022



At large gatherings, take simple steps to limit the transmission of COVID-19

Reminder of public health recommendations and requirements

Monitor your symptoms before you travel

Only people who are asymptomatic, have had no contact with a case, or have not tested positive test can attend the indoor and outdoor gatherings.

If you have COVID-19 symptoms, you must isolate immediately and take a rapid screening test (available at [pharmacies](#)).

Reminder of symptoms to watch for

One of the following:

- Fever
- Sudden loss of smell without nasal congestion, with or without loss of taste
- Cough (new or worsening)
- Shortness of breath
- Difficulty breathing
- Sore throat

Or at least two of the following:

- Runny nose or nasal congestion (stuffy nose) of unknown cause
- Headaches
- Extreme fatigue
- Muscle aches (not related to physical exertion)
- Significant loss of appetite
- Nausea or vomiting
- Stomach ache
- Diarrhea

If in doubt, call **Info-Santé 811** or contact a healthcare professional.

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Follow isolation instructions

You must isolate if:

- You test **positive for COVID-19**
- You have been **in contact** with someone who has COVID-19 and is a member of your household or a sexual partner

Wear a face covering

Masks are recommended:

- **For people who are immunocompromised or vulnerable**
- On public transit and at large indoor and outdoor gatherings, where it is difficult to stay **at least 1 metre** away from others.

Wash your hands

Wash your hands often with warm running water and soap for at least 20 seconds, especially when you get home after being out. **Bring alcohol-based hand sanitizer and sanitize your hands** frequently when travelling.

Useful resource

For all other questions about COVID-19, visit [Quebec.ca](https://quebec.ca).