

## French Resources

General resources on self-isolation in French. Find advice concerning how to self-isolate, who is a close contact, what to do if you have tested positive for COVID-19, follow up instructions after getting tested, and more.



## **Comment s'isoler pour la COVID-19/COVID-19 Self- Isolation Sheet (French)**

Infographic from Health Design Studio detailing how to self-isolate from COVID-19, how to isolate while living in an apartment or condo building, and living with others while being sick.

**Accessible from:**

<https://docs.google.com/document/d/1AJqazmtThSalFkGFdOunSqJxN7HfwFoZHtbCyapGcRY/edit>

## **Que faire si vous pensez être atteint de la COVID- 19?/What to Do If you have COVID-19 (French)**

Infographic from Health Design Studio on what to do if you suspect you have COVID-19. Find information on what to do to feel better, and what to do if you begin to feel worse.

**Accessible from:** <https://docs.google.com/document/d/123MxtjoUaxbRC6Y-7TvsMVMSF2x8LeqtMRuBn6Gny-c/edit>

## **Comment s'auto-isoler/How to Self-Isolate (French)**

Infographic from Public Health Ontario on how to self-isolate. Find guidance on how to stay at home, avoid contact with others, keep your distance, wash your hands, cover your coughs and sneezes, wear a mask over your nose and mouth, and more.

**Accessible from:** <https://www.publichealthontario.ca/-/media/documents/ncov/factsheet-covid-19-how-to-self-isolate.pdf?la=fr>

## **Qui Est Un Contact Proche?/Who Is a Close Contact? (French)**

Visual from Toronto Public Health explaining who is, and who is not a close contact. This information can be used to identify persons who may have become exposed through contact with someone who has COVID-19.

**Accessible from:** [https://www.toronto.ca/wp-content/uploads/2021/01/8dbd-Who-is-a-Close-Contact-Banner\\_French.pdf](https://www.toronto.ca/wp-content/uploads/2021/01/8dbd-Who-is-a-Close-Contact-Banner_French.pdf)

## **Qui Est Un Contact Proche Au Travail?/Who Is a Close Contact at Work? (French)**

Visual from Toronto Public Health explaining who is, and who is not a close contact in the workplace. This information can be used to identify coworkers who may have become exposed through contact with someone who has COVID-19.

**Accessible from:** [https://www.toronto.ca/wp-content/uploads/2021/01/95bc-Who-is-a-Close-Contact-at-Work\\_French.pdf](https://www.toronto.ca/wp-content/uploads/2021/01/95bc-Who-is-a-Close-Contact-at-Work_French.pdf)

## **Centre d'isolement volontaire de Toronto/Toronto Voluntary Isolation Centre Infographic (French)**

An infographic from Toronto Public Health that is applicable if you or someone you live with has COVID- 19, and you need a place to self-isolate. Provides information on accommodations at the centre, meals and snacks, and a hotline contact number to inquire further.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/12/94b1-Torontos-Voluntary-Isolation-Centre-NOV-Banner-French.pdf>

## **Ordre Aplicable À Des Catégories De COVID-19 Relatif À L'auto-isolement/COVID-19 Class Order for Self- Isolation Fact Sheet (French)**

Find information on the Medical Officer of Health's COVID-19 Class Order directing people to stay home and self-isolate until they are not contagious with COVID-19.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/12/8d02-French-COVID-19-Class-Order-Fact-Sheet.pdf>

## **Instructions complémentaires pour les personnes testées pour la COVID-19/Follow-up Instructions for Individuals Tested for COVID-19 (French)**

Follow-up instructions if you have been tested for COVID-19 from Toronto Public Health. Discover how you can access your results, isolation requirements based on your contact and travel history, and how to interpret negative or positive results.

**Accessible from:** <https://www.toronto.ca/wp-content/uploads/2020/12/8c57-Instructions-for-Individuals-Tested-for-COVID-French.pdf>