



Mankaa Shela <shelamankaa@gmail.com>

Fwd: Your COVID-19 Test Result is Available

1 message

Mankaa Shela <shelamankaa@gmail.com>
To: Mankaa Shela <shelamankaa@gmail.com>

Tue, Jan 4, 2022 at 6:04 PM

Tell. 4387222372
Email. shelamankaa@gmail.com

----- Forwarded message -----

From: **Plateforme de dépistage de la COVID-19** <depistage_covid19@gemca.ssss.gouv.qc.ca>
Date: Sat, Jan 1, 2022 at 11:25 PM
Subject: Your COVID-19 Test Result is Available
To: shelamankaa@gmail.com <shelamankaa@gmail.com>



This message contains information that is confidential and protected. If you have received it in error, or if it is not intended for you, please delete this email.

Dear **Shela Mankaa**,

Your screening test result from the **3320, rue Notre-Dame** on **2021-12-31 11 h 34** is:
Positive.

Whether or not you are vaccinated, you must stay in isolation for 10 days from the date your symptoms start. If you have no symptoms, you should self-isolate for 10 days from the date of your sample.

You must inform your high-risk contacts that they must self-isolate for 10 days since your last contact. This applies even if they have been vaccinated.

A high-risk contact is defined as:

- A person who lives under the same roof as a confirmed case.
- Sexual partner, a couple who do not share the same home.
- Person exposed to a confirmed case, indoors, in a small space, where these 2 people were not wearing masks (e.g., car, cubicle, festive gathering in a room that does not allow distancing).

You must consider the people with whom you had these contacts, 48 hours before the onset of your symptoms (or 48 hours before your sample date if you have no symptoms).

Please refer to the following pages for all the instructions that apply to you and those around you:

Please refer to the following pages for all instructions that apply to you: Instructions for people with COVID-19 in home isolation

And for the contacts that surround you: Instructions for people who have been in contact with a confirmed case of COVID-19

- [Instructions for people with COVID-19 in home isolation](#)
- [Instructions for people who have been in contact with a confirmed case of COVID-19](#)

Given the high number of cases, it is likely that public health will not be able to contact you. We count on your collaboration to protect those around you and prevent the spread of the COVID-19 virus.

In most cases, you can take care of yourself at home. Consult the Self-Care Guide - COVID-19 | Gouvernement du Québec (quebec.ca).

- If you are concerned about your health, visit the page [Do I need to consult if I have COVID-19?](#)
- If you must go to a medical clinic or hospital, wear a mask or face covering and inform staff on your arrival that you have COVID-19.
- If you have severe symptoms such as difficulty breathing, severe shortness of breath or chest pain, call 911.

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Accessing your portal

If you wish to access the secure portal to book a new appointment or view your results history, go to https://cv19quebec.ca/s/login/?language=en_CA. You will need to enter your Username **shelamankaa@depistagecovid19.quebec.ca** and self-set password. If you have forgotten your password, you can reset it at https://cv19quebec.ca/s/login/ForgotPassword?language=en_CA.

Ministère de la Santé et des Services sociaux