



If you have COVID-19 symptoms.

What to do if you have symptoms of Covid-19, whether or not you are vaccinated:

- 1 - Get tested, self-isolate and use social distancing measures
- 2 - Make a list of the people you may have infected
- 3 - If your test is positive, monitor your condition and remain isolated

1 - GET TESTED, SELF-ISOLATE AND USE SOCIAL DISTANCING MEASURES

- Get tested promptly, after seeing a doctor if necessary. The test is generally performed by means of a nasal swab.
- **Self-isolate while you are waiting for the result.**
- Your doctor will prescribe you with **surgical masks** to wear when others are present.
- You can also obtain surgical masks from pharmacies when presenting your positive test result.

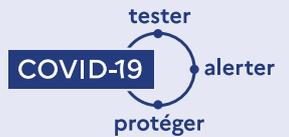
2 - MAKE A LIST OF THE PEOPLE YOU MAY HAVE INFECTED

- Tell your doctor which family members, friends or colleagues you were in contact with in the 48 hours before symptoms appeared and until you were isolated (people living in the same household, colleagues sharing your office, etc.).
- If your test is positive, someone from l'Assurance Maladie will call you to confirm this list and make sure it is complete. They will then contact these people so they can also self-isolate, monitor their health and get tested. This is how we can all prevent the virus from continuing to spread.
- Call your doctor to give him/her the result of your test (positive or negative) and follow his/her instructions. Depending on the test used, you might need to do a second Covid test or other tests to explain your symptoms.

3 - IF YOU TEST POSITIVE, MONITOR YOUR HEALTH

In general, you will recover after several days of rest. While you are waiting, watch for the appearance or worsening of symptoms.

- Take your temperature twice a day.
- If you get a fever or headaches
 - You can take paracetamol: 1 gram three times per day maximum (3 grams per day in total).
 - Do not take ibuprofen or any other anti-inflammatory.
- If you are being treated for another illness, continue with it. If you are not sure about a medication, call your doctor.
- Do not take any other medication without talking to your doctor or pharmacist.
- Call your doctor if you have any doubts or any unusual symptoms, or about any other health problems.
- If you have trouble breathing, call 15 immediately (or 114 for the deaf or hard of hearing).



4 - IF YOU TEST POSITIVE, CONTINUE TO ISOLATE

WHY DO YOU NEED TO SELF-ISOLATE?

- In order to avoid infecting your family, friends and other people.
- To help stop the spread of the disease.

FOR HOW LONG DO YOU NEED TO SELF-ISOLATE?

- Your doctor and l'Assurance Maladie will tell you exactly but you must self-isolate **for at least 10 days** after the first symptoms of the disease appear.
At the end of this period, if you no longer have signs of illness, you can come out of isolation.
- For 7 days after your isolation ends, be strict about wearing a mask and make sure you stick to social distancing measures.
- **If, after 10 days**, you still have a temperature, stay in isolation. Once you no longer have a temperature, wait 2 days before coming out of isolation.
• If necessary, you will be provided with a **sick note**.

ARRANGING TO SELF-ISOLATE

- **You can stay home**, if the conditions are suitable and after you have discussed it with your doctor.
- **If you need to be isolated outside of your home**, l'Assurance Maladie will suggest an appropriate solution.
- You will be provided with **surgical masks** for the duration of your isolation, which your family or friends can collect from any pharmacy.

>> At home (or in your accommodation), protect those around you

- **Stay in a separate room, if possible**, and close the door. Do not share a bed and eat your meals alone in this same room.
- **Avoid contact with other people in your home or accommodation**, don't touch them and don't hug them.
- **Wear a surgical mask when there is someone else in the same room.**
- **If possible, use separate bath and toilet facilities** that you do not share with other people in your home. If you have no choice, the rooms that you share with others must be cleaned regularly. The people who use them (yourself and others) must wash their hands before and after use.
- **Stay at least 2 metres away from other people** and limit conversations with them to 15 minutes at most.
- **You must not see anyone who is vulnerable:** people aged 65 years and over, people with chronic diseases such as high blood pressure or diabetes, cardiovascular diseases, etc., people with severe obesity and pregnant women in the third trimester of pregnancy.
- **Wash your hands frequently with soap and water** and dry them with a towel that only you use.
- **Use a tissue** if you cough or blow your nose, throw it away and then wash your hands.
- **Do not share everyday objects:** towels and face cloths, soap, cutlery, plates, telephone, etc.
- **If you live alone, ask your family, friends or neighbours to deliver your medicines, shopping or meals** or get them delivered by the shop or the pharmacy. Have the package placed on the landing to limit contact.
- **If you need care or help at home**, choose just one person to help you, if possible. That person must wash their hands very regularly and wear a mask.
- **Keep your family informed.**
- **If you have to go out to the doctor, for testing or to the pharmacy**, wash your hands before leaving home, wear a surgical mask, and stay away from others while you're out, making your trip as short as possible.



>> Clean your home very regularly
(If you are staying in alternative accommodation, follow the applicable instructions)

- **Regularly ventilate** the rooms in which you live by opening the windows (every day, as often as possible).
- **Clean and disinfect the surfaces you have touched:** door handles, bathroom fittings, toilets, floors, etc., with the product that you normally use, then with a product containing bleach or 70% alcohol. Then rinse with water.
- **Wash:**
 - Cutlery and crockery separately with washing-up liquid then dry them. Or wash them in the dishwasher at 60° C.
 - Your linen (sheets, towels) at 60° C minimum, for 30 minutes or more. Put them directly into the washing machine, without shaking them out.
- **Use household cleaning equipment that does not disperse dust**, such as a sponge or a mop. Do not use the vacuum cleaner.
- **When you've finished cleaning**, wash and dry your hands.

>> Remove any waste that could be contaminated
(If you are staying in alternative accommodation, follow the applicable instructions)

- **Use a plastic bag** (opaque, maximum volume of 30 litres, with ties).
- **Keep this bag** in the room in which you are living.
- Use this bag to dispose only of masks, paper tissues, wipes, and any other disposable cleaning materials that you have used.
- **Close this bag when it is full and place it inside a second plastic bag.**
- **Do not touch this bag for 24 hours;** after this time, throw it into the bin for non-recyclable waste.

>> If you have questions

- If you have any questions related to your state of health, **call your doctor.**
- If you are alone, are worried and need to talk, call **0800 130 000.**
- **For reliable information**, go to the French government website at <https://gouvernement.fr/info-coronavirus.fr> or the French Ministry of Social Affairs and Health website at <https://solidarites-sante.gouv.fr>; see the section on "Tout savoir sur le Covid-19" ("Everything you need to know about Covid-19").



Download the app from the
Apple Store and Google Play.

Questions about coronavirus?



GOVERNEMENT.FR/INFO-CORONAVIRUS



0800 130 000
(freephone)