

## If you have been in contact with someone who has tested positive for COVID-19.

If you have been informed by l'Assurance Maladie that you have been in contact with someone who has tested positive for the virus, follow these instructions:

- Isolate
- get tested
- monitor your condition

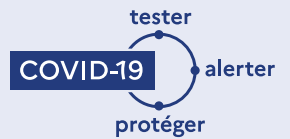
### WHY YOU NEED TO SELF ISOLATE

- To avoid infecting your family and other people if you are infected with the virus and even if you have no symptoms. You may be contagious for up to 48 hours before symptoms appear or you may be infected and have no sign of illness.
- To help stop the spread of the disease.

### WHEN SHOULD YOU GET TESTED AND FOR HOW LONG SHOULD YOU SELF ISOLATE?

**You do not need a prescription for a test (nasal swab) and you will have priority:** l'Assurance Maladie directly contacts the laboratories that are able to perform the test and will provide 100% cover.

	If you have no symptoms		If you have symptoms that appear during isolation
	If you are living with the person who is ill	If you are not living with the person who is ill	
<b>When should you get tested?</b>	<ul style="list-style-type: none"> <li>• <b>Immediately</b> at a screening location indicated by l'Assurance Maladie or on the <a href="http://santé.fr">santé.fr</a> website.</li> <li>• <b>Isolate immediately</b> until the result of the test and while waiting for the result, you can get a sick note at <a href="http://declare.ameli.fr">declare.ameli.fr</a>.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Immediately</b> in order to detect any chain of contamination.</li> <li>• <b>Then 7 days after last contact</b> with the ill person.</li> <li>• <b>Isolate</b> until the result of the test.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Immediately</b> at a screening location indicated by l'Assurance Maladie or on the <a href="http://santé.fr">santé.fr</a> website.</li> <li>• <b>Stay in isolation.</b></li> </ul>
<b>If your result is positive</b>	<ul style="list-style-type: none"> <li>• <b>You are infected:</b> stay in isolation for 10 days after the start of the illness if you have symptoms or after the date of the test if you have no symptoms. If you still have a temperature at the end of that time, stay in isolation (once you no longer have a temperature, wait 2 days before coming out of isolation).</li> <li>• <b>Teams from l'Assurance Maladie will contact you to identify</b> the people at risk whom you have been in contact with (persons under the same roof, colleagues who share the same office, etc.)</li> <li>• You can use <a href="http://mesconseilscovid.fr">mesconseilscovid.fr</a> to find out when you can stop isolating, depending on how your symptoms develop.</li> </ul>		
<b>If your result is negative</b>	<ul style="list-style-type: none"> <li>• Isolate while the person is ill and for 7 days after he/she recovers or after the end of the person's isolation if he/she does not have symptoms.</li> <li>• <b>You must have another test 7 days after the sick person has recovered or 7 days after he/she has stopped isolating, if the person does not have any symptoms.</b></li> <li>• if it is negative again and you have no symptoms of illness, you can stop isolating.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>You are probably not infected:</b> you can stop isolating.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Get in touch with your doctor</b> and adhere to rules.</li> <li>• You may be asked to continue <b>your isolation.</b></li> </ul>
<p>7 days after the end of your isolation, be strict about wearing a mask, adhere strictly to social distancing measures and avoid all contact with persons at risk from more serious conditions.</p>			



## HOW TO MONITOR MY HEALTH

### IF YOUR TEST IS POSITIVE, YOU EITHER HAVE SYMPTOMS OR NO SYMPTOMS

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 per day.**
- **If you have a temperature or headache,**
  - you may take paracetamol: 1 gram three times per day maximum (3 grams per day in total for an adult).
  - Do not take ibuprofen or any other anti-inflammatory
- **If you are being treated for another illness, continue with it.** In case of doubt about a medication, call your doctor.
- **Do not take any other medication without** talking to your doctor or pharmacist.
- **Do not hesitate to call your doctor if you have any doubts or if you have 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).**

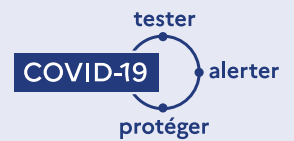
### IF YOUR TEST IS NEGATIVE OR IF YOU DO NOT YET HAVE RESULTS AND YOU DON'T HAVE ANY SYMPTOMS

**During your isolation, take your temperature twice a day and monitor for symptoms:**

- Fever (or feeling as if you have a fever), shivering
- Cough, sore throat, runny nose
- Trouble breathing or feeling of tightness
- Unexplained extreme fatigue
- Unexplained muscle pain
- Unusual headaches
- Loss of smell
- Loss of taste
- Diarrhoea
- **In the case of an elderly person,** those around them may notice a sudden deterioration in their general condition or mental abilities, confusion, repeated falls, rapid worsening of an existing illness.

If you have one or more symptoms, even **slight ones or if you have any doubts**, call your treating doctor, who may prescribe a new test.

**If you are not registered with a doctor**, call 0 800 130 000 (free service + freephone) to be directed to a general practitioner. If you don't know of any, go to [sante.fr](https://sante.fr) to find the list of screening locations.

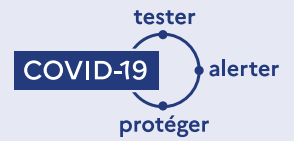


## HOW TO ARRANGE YOUR ISOLATION

- **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 for you to collect or for your family members to pick up from the pharmacy.
- If you need one, in particular if you cannot work from home, l'Assurance Maladie will send you a **sick note** covering the period during which you must remain in isolation.

## AT HOME (OR IN YOUR ACCOMODATION), 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 the same room.
- **Avoid contact with other people in the home or accommodation**, don't touch them, don't hug them.
- **Wear a category 1 surgical or fabric mask when there is someone in the same room.**
- **If possible, use a separate bathroom and toilet**, which you do not share with other persons in your home. If you have no choice, the rooms that you share with others must be cleaned regularly. 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 do not have conversations with them for more than 15 minutes.
- **Do not spend time with vulnerable people:** people over 65 years of age, people suffering from chronic diseases such as hypertension, diabetes, cardiovascular disease, etc., severely obese people, and pregnant women in the 3<sup>rd</sup> trimester of pregnancy.
- **Wash your hands frequently with soap and water** and dry them with your own towel.
- **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, covers, plates, telephone, etc.
- **If you are alone, ask your relatives (family, friends, neighbours) to deliver your medicines, shopping, meals**, or have them delivered by the shop or the pharmacy. Have the package placed on the landing to limit contact.
- **If you need care or assistance in your home**, choose one person to help you if possible. This person should wash his/her hands very regularly and wear a mask.
- **Keep your family informed.**
- **If you have to go out to the doctor, laboratory, or pharmacy**, wash your hands before leaving home, wear a surgical mask, and stay away from others while you are out, which should be for the shortest possible duration.



**CLEAN YOUR ACCOMMODATION VERY REGULARLY**  
(if you are in accommodation respect the instructions)

- **Ventilate rooms as often as possible**, for at least a few minutes every hour.
- **Clean and disinfect the surfaces that you have touched:** door handles, furniture bathroom, toilet, floors, etc., with the product you usually use, then with a product containing 70% bleach or 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.
- **Prefer household utensils that do not disperse dust**, such as a sponge or a mop. Do not use the vacuum cleaner.
- **After cleaning,** wash and dry your hands.

**REMOVE ANY WASTE THAT COULD BE CONTAMINATED**  
(if you are in accommodation respect the instructions)

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

**IF YOU HAVE QUESTIONS**

- If you have any questions related to your condition, **call your doctor.**
- If you are alone, are worried and need to talk, call **0800 130 000.**
- **To obtain reliable information,** see the government site <https://gouvernement.fr/info-coronavirus.fr> or the website of the Ministry of Solidarity and Health <https://solidarites-sante.gouv.fr> heading "Everything you need to know about Covid19".



Download the app from the  
Apple Store and Google Play.

**Questions about coronavirus?**



**GOVERNEMENT.FR/INFO-CORONAVIRUS**



**0 800 130 000**  
(freephone)