

## If you have COVID-19 symptoms.

### What to do:

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

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

- Your doctor will order a test to be **performed quickly** and direct you to the nearest screening site. Go and get tested. The test is performed by means of a **nasal swab**.
- **While waiting for the result, self-isolate and get a sick note from declare.ameli.fr**
- 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.

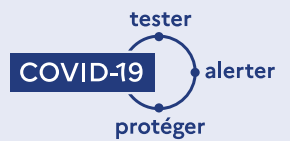
### 2- MAKE A LIST OF THE PEOPLE YOU MAY HAVE INFECTED

- **Inform your doctor of those around you, i.e. your family, friends, and colleagues with whom you have been in contact during the previous 48 hours before symptoms appear that I am in isolation** (persons living under the same roof, colleagues with whom you share an office...)
- **If your test is positive Assurance Maladie services will phone you to confirm or complete this list.** Then, they will contact these people so that they can isolate and monitor their health and get tested in their turn. In this way, we can all avoid continuing to spread the virus.
- **If your test is negative call your doctor** and adhere to the rules.

### 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 have a temperature or headaches,**
  - you may take paracetamol: 1 gram, 3 times per day maximum (a total of 3 grams per day).
  - 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).**



## 4- IF YOU TEST POSITIVE, CONTINUE TO ISOLATE

### WHY YOU NEED TO SELF ISOLATE?

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

### HOW LONG DO I NEED TO ISOLATE FOR?

- Your doctor will tell you, but you must be isolated **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, be strict about wearing a mask and adhere strictly to social distancing measures. Avoid all contact with people at risk from more serious conditions.
- **If, after 10 days**, you still have a temperature, stay in isolation. When you no longer have a temperature, wait 2 days before coming out of isolation.
- If necessary, you will be provided with a **sick note**.

### HOW SHOULD YOU 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 or your family to 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 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, rooms shared with other people 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, cutlery, plates, telephone, etc.
- **If you are alone, ask your relatives (family, friends, neighbours) to deliver your medicines, shopping, or 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 home 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)