

Limit the transmission of the virus by behaving correctly.

Some simple and essential principles to limit the spread of the virus within the population:

- **Protect yourself and those around you** using social distancing measures.
- **Consult a doctor** immediately in the event of signs of COVID-19, even if they are slight or you are doubtful about them.
- **Get tested quickly** if the doctor requires it.
- **Isolate immediately** if you are ill or have been in contact with someone who is ill.

1 - USE SOCIAL DISTANCING MEASURES

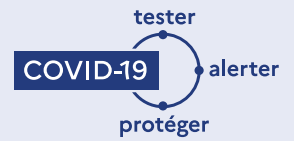
- **Wash hands regularly.**
- Cough or sneeze into **your elbow** or into a tissue.
- Blow your nose **into a tissue that you dispose of afterwards:** then wash your hands.
- Do not shake hands and avoid hugging.
- Keep a distance **of at least 2 metres** from other people.
- Limit gatherings with others to a maximum of 6 people.
- Ventilate rooms as often as possible.
- Download the TousAntiCovid app.
- **Wear a category 1 surgical or fabric mask** when you can't stay at least 2 metres from other people.

2 - KNOW THE FIRST SIGNS OF ILLNESS SO THAT YOU CAN IDENTIFY THEM QUICKLY

- 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.

3 - IF YOU HAVE SIGNS OF ILLNESS, CONTACT YOUR DOCTOR

- If one or several signs occur **even slightly or in case of doubt,** call your own doctor **immediately** to be tested within 24 hours.
- **If you are not registered with a doctor,** Call 0 800 130 000 (free service + freephone). In any case you can take a test at a screening location found on the site [santé.fr](https://www.santé.fr)
- without a medical prescription, completely covered by Assurance Maladie.
- **While waiting for your appointment with a doctor and the result of the test, self-isolate immediately** and isolate from everyone, including your family. While waiting for the results, you can obtain a sick note from declare.ameli.fr
- Wear a mask to go out or if you are with other people.
- **If you have trouble breathing, call 15 immediately (or 114 for the deaf or hard of hearing).**



4 - TAKE THE TEST

- The test is 100% covered.
- While waiting for the results of the test (24 to 48 hours), self-isolate at home, protect yourself and protect your family.

5 - IF YOUR TEST IS POSITIVE, SELF ISOLATE AT HOME UNTIL YOU RECOVER

- **Self-isolation should last for 10 days from the start of symptoms.** At the end of this period, if you no longer have a temperature, you can come out of isolation. If, however, after 10 days, you still have a temperature, you must remain in isolation. Once you no longer have a temperature, wait 2 days before coming out of isolation.
- If it is not possible for you to isolate at home, Assurance Maladie will be able to provide solutions for accommodation.
- If necessary, you will be provided with a **sick note** along with an explanatory sheet.
- Use mesconseilscovid.fr to find out when you can stop isolating

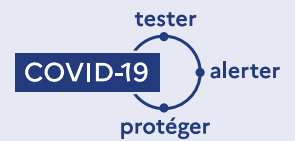
6 - ASSIST IN IDENTIFYING PERSONS WHO HAVE BEEN IN CONTACT WITH YOU

- The doctor will help you to make a **list** of people with whom you have been in contact and those who you live with. They must also isolate and get tested.
- **You will then be contacted by Assurance Maladie within 24 hours** to finish identifying all of the other persons whom you may have contaminated outside of your household.
- You will complete your application TousAntiCovid with the code provided by your doctor or the laboratory.

WHAT SHOULD YOU DO IF YOU ARE A PERSON AT RISK FOR THE MORE SERIOUS FORMS OF COVID-19?

Adhere to all the measures above and remain vigilant:

- **Evaluate the situation with your doctor** and ask him for advice on how to make the right decisions for your health: movements, work, contacts,...
- Continue, to the extent possible, to **limit your movements** and **avoid public transport** or if that is not possible, avoid using it at peak times.
- Do your shopping **at quiet times**.
- **Work from home** if possible.
- Continue taking your **medication** and attending your **medical appointments**.



LIST OF PERSONS AT RISK FOR THE MORE SERIOUS FORM OF COVID-19

- **People aged 65 and over**, especially those over 70
- **People with a cardiovascular history (ATCD)**
(arterial hypertension complicated by stroke or coronary artery disease, heart surgery, heart failure).
- **Diabetics, uncontrolled or with complications**
- **People with chronic respiratory disease** (obstructive pulmonary disease, severe asthma, sleep apnoea, cystic fibrosis, etc.).
- **Patients with chronic kidney disease on dialysis**
- **Patients with progressive cancer undergoing treatment**
(excluding hormone therapy)
- **Patients with cirrhosis**
- **Obese people**
(body mass index (BMI) > 30 kg / m²).
- **People with congenital or acquired immuno-suppression**
- **People with major sickle cell syndrome**
or having a history of splenectomy.
- **Pregnant women**,
in the 3rd trimester of pregnancy.

Download the app from the Apple Store and Google Play.



Questions about coronavirus?



[GOUVERNEMENT.FR/INFO-CORONAVIRUS](https://www.gouvernement.fr/info-coronavirus)



0 800 130 000
(freephone)