



I have been in contact at risk with a person who tested positive for Covid-19.

Here are the instructions to follow:

- I isolate myself (or I take special precautions) • I get tested • I watch my health

WHY I MUST INSULATE (OR TAKE SPECIAL PRECAUTIONS)

- **To avoid infecting my loved ones and other people** if I am infected with the virus, even if I have no signs or even if I am vaccinated. Indeed, one can be contagious 48 hours before the appearance of the signs or be infected without having any signs of the disease. This risk exists, although much lower, even in the vaccinated.
- **To help limit the spread of the epidemic.**

WHEN TO TEST AND WHAT CONDUCT TO TAKE?

	I am a contact person at moderate risk I am fully vaccinated * and I am not in pain severe immunosuppression	I am a contact person high risk I have not been vaccinated or have been incomplete or I have severe immunosuppression
When to do the test ?	1. A first test immediately in a laboratory indicated by the Health Insurance or on the santé.fr site. 2. Then, a second test - 7 days after my last contact with the confirmed case. - Or 7 days after healing of the confirmed case, if I live under the same roof (usually 17 days after the onset of his illness or after his test).	
Conduct to hold	<ul style="list-style-type: none"> • I don't have to isolate myself until the test result. But I have to wear a surgical mask in the public space (and at home if I live under the roof of the confirmed case) and I limit my social interactions. • I inform the people I met 48 hours after my last contact with the confirmed case and recommends that they limit their social and family contacts. • I realize self-monitoring and I immediately do a test (no self-test) if fever or other symptoms appear. 	<ul style="list-style-type: none"> • Without waiting for the test result, I isolate myself immediately until the second test.
My result is positive	<ul style="list-style-type: none"> • I am infected: I remain isolated for 10 days after the onset of the disease if I have symptoms or after the date of the test if I do not have any. But, if at the end of these 10 days, I still have a fever, I must remain isolated. I stop my isolation 2 days after the fever has stopped. • I will be contacted by the Health Insurance teams to identify people with whom I have been in contact at risk (people under the same roof, colleagues sharing the same office, etc.). 	
My result is negative	<ul style="list-style-type: none"> • If my first test is negative: I am not required to isolate myself. But I have to wear a mask in the public space (or at home if I live under the same roof as the confirmed case) and I limit my social interactions. • If my second test is negative and there are no symptoms: I can end the extra precautions. 	<ul style="list-style-type: none"> • If my first test is negative: I continue my isolation. • If my second test is negative and there are no symptoms: my isolation ends.

* A vaccination is complete if one has received one or two doses, depending on the vaccine and a possible documented history of infection, for at least 7 days (Cominarty® vaccines from Pfizer, COVID-19 Vaccine Moderna®, Vaxzeria® from Astra Zeneca and Covishied® from Astra Zeneca) or 4 weeks (Covid-19 vaccine Janssen® vaccine).



HOW TO MONITOR MY HEALTH

MY TEST IS POSITIVE, I HAVE SIGNS OF ILLNESS OR NOT

Usually, you heal in a few days with rest. In the meantime, I watch for the appearance or the worsening of signs.

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| <ul style="list-style-type: none"> • I take my temperature twice a day. • In case of fever or headaches, <ul style="list-style-type: none"> - I can take paracetamol: 1 gram, 3 times a day maximum (3 grams per day in total for an adult). - I must not take ibuprofen or any other anti-inflammatory drug. | <ul style="list-style-type: none"> • If I take treatment for another disease, I continue. If in doubt about a medication, I call my doctor. • I am not taking any other treatment without talking to my doctor or pharmacist. | <ul style="list-style-type: none"> • I don't hesitate to call to my doctor if I have any doubts or if I have any unusual symptoms or for any other health problem. • If I have difficulty breathing, I immediately call 15 (or 114 for people who are deaf or hard of hearing). |
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MY TEST IS NEGATIVE OR I DON'T HAVE MY RESULTS YET AND I HAVE NO SIGNS

During my isolation, I take **my temperature twice a day** and **I watch for the appearance of one of these signs:**

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| <ul style="list-style-type: none"> • Fever (or feeling feverish), chills • Cough, sore throat, runny nose • Difficulty breathing or a feeling of tightness in the chest • Severe unexplained fatigue | <ul style="list-style-type: none"> • Muscle aches unexplained • Unusual headaches • Loss of smell • Loss of taste in food • Diarrhea | <ul style="list-style-type: none"> • For an elderly person, the entourage can notice a sudden deterioration of the general state or mental capacities, confusion, repeated falls, rapid worsening of an already known disease. |
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If one or more signs appear, **even weakly or if I have a doubt**, I immediately call my attending physician who can prescribe a new test.

If I don't have an attending physician, I call 0 800 130 000 (free service + free call) to be referred to a general practitioner. If I don't know any, I go to sante.fr to find the list of screening locations.



HOW TO ORGANIZE MY ISOLATION

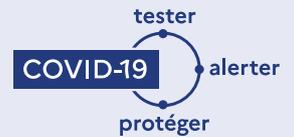
- **I can stay at home** if conditions are suitable and after discussing it with my doctor.
- **If I need to be isolated outside my home,** Health Insurance will offer me a suitable solution.
- **Surgical masks** will be provided to me for the duration of my isolation, to be withdrawn or to be withdrawn by my relatives at the pharmacy.
- If I need it, especially if I cannot telework, the Health Insurance will send me **a work stoppage** to cover the period when I have to remain isolated.

AT HOME (OR IN A LODGING PLACE), I PROTECT MY SURROUNDINGS

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| <ul style="list-style-type: none"> • I stay, if possible, in a separate room and I close the door. I do not share my bed and I eat my meals alone in this same room. • I avoid contact with other people at home or in the reception area, I don't touch them, I don't kiss them. • I wear a surgical mask in the presence of a person in the same room. • If possible I use a room bathroom and separate toilet, that I do not share with other people in my home. If I have no choice, the rooms I share with others should be cleaned regularly. The people who use them (me or others) wash their hands before

and after use. • I stand more than 2 meters from other people and I limit my discussions with them less than 15 minutes. | <ul style="list-style-type: none"> • I do not see fragile people even if they are vaccinated: people 65 years of age and over, those with chronic diseases such as hypertension, diabetes, cardiovascular disease, etc., people with severe obesity

and pregnant women at 3^e trimester of pregnancy. • I wash my hands very often with soap and water and I dry them with a personal towel. • I use a handkerchief if I cough or blow my nose, I throw it away and then wash my hands. • I don't share my everyday items: towels and washcloths, soap, cutlery, plates, telephone, etc. | <ul style="list-style-type: none"> • If I am alone, I ask my relatives (family, friends, neighbors) to deliver my medicines, my groceries or my meals Where I have them delivered by the store or the pharmacy. I have the package placed on the landing to limit contact. • If I need care or help at home, I choose if possible only one person to help me. This person should wash their hands very regularly and wear a mask. • I give news to my relatives. • If I have to go to the doctor, the laboratory or the pharmacy, I wash my hands before leaving my home, I wear a surgical mask and I stay away from others during my outing which must be as short as possible. |
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I CLEAN MY HOUSING VERY REGULARLY
(if I am in a place of accommodation I respect the instructions)

- **I ventilate very regularly** the rooms in which I live by opening the windows (every day, as often as possible).
- **I clean and disinfect the surfaces I have touched:** door handles, bathroom furniture, toilets, floors, etc., with the product I usually use, then with a product containing bleach or alcohol at 70 °. I then rinse with water.
- **I wash :**
 - My cutlery and my crockery apart with my washing-up liquid then I dry them. Or I wash them in the dishwasher at 60 ° C.
 - My laundry (sheets, towels) at 60 ° C minimum, for 30 minutes or more. I put it directly in the washing machine, without shaking it.
- **I prefer utensils of households that do not disperse dust** like a sponge or mop. I do not use the vacuum cleaner.
- **After cleaning up,** I wash my hands and dry them.

I ELIMINATE WASTE WHICH MAY BE CONTAMINATED
(if I am in a place of accommodation I respect the instructions)

- **I use a plastic bag** (opaque, volume of 30 liters maximum, closure with links).
- **I keep this bag** in the room where I live.
- I only throw away masks, tissues, wipes and all other disposable cleaning media that I use in this bag.
- **I close this bag when it's full and put it in a second plastic bag.**
- **I do not touch this bag for 24 hours;** after this time, I throw it in the non-recyclable garbage bin.

I HAVE QUESTIONS

- For any question related to my state of health, **I call my doctor.**
- If I am alone, if I am worried and I need to talk, I call the **0800 130 000.**
- **To have reliable information,** I can consult 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 "All you need to know about Covid-19".



Download the app from the
Apple Store and Google Play.

Do you have questions about the coronavirus?



GOUVERNEMENT.FR/INFO-CORONAVIRUS



0 800 130 000
(free call)