

Updated
March 21 2022

WHAT TO DO - COVID-19 ADVICE

ANYONE SHOWING COVID-19-LIKE SYMPTOMS

(Fever, cough, breathing difficulties, loss of smell or taste, important tiredness, body aches or pain, digestive disorders, persistant headaches)

- GO BACK HOME with a surgical mask on, have tested with a PCR or antigen test
- Call a physician for medical care. In case of heavy breathing difficulties or if feeling faint: dial **15** (French medical emergency service)

Complete vaccination
with booster

7 DAY ISOLATION

- You can **test with PCR or AG at D+5** if no symptom within last 48 hours



or no test



Stay at home for up to **7 days**

POSITIVE CASE

Incomplete vaccination
or no vaccination

10 DAY ISOLATION

- You can **test with PCR or AG at D+7** if no symptom within last 48 hours



or no test



Stay at home for up to **10 days**

Return to work

KEEP YOUR MASK ON DURING 7 DAYS AFTER ISOLATION

CONTACT CASE

To be investigated **within 48h before** the first symptoms of the confirmed or suspect case

NO ISOLATION (VACCINATED OR NOT)
DURING 7 DAYS :

- Telework whenever possible
- Strictly follow the barrier gestures INCLUDING WEARING A MASK
- Avoid contacts, particularly with people vulnerable to Covid-19
- Mandatory test for Covid-19 with a **PCR, AG or a self-test at D+2**



or no test

positive case / see above (double-check with a PCR test if needed)



Stay at work following strictly the preventive measures

GENERAL RECOMMENDATIONS

The virus is transmitted airborne via aerosol, droplets (cough, sneeze, sputter, spit) but also by touching hands and contaminated items.

AT YOUR WORKPLACE, FOLLOW THE BARRIER GESTURES



Wash your hands regularly with water and soap, or use a hydro-alcoholic solution, particularly when arriving at work, before lunch, after getting to the bathroom, after sneezing / coughing / blowing your nose



Cough or sneeze inside your elbow
When you are face-to-face with someone coughing, step back and **stay at a distance of at least 2 m (6 feet)**



Do not touch your face



Greet one another without shaking hands or kissing each others



Check the mechanical ventilation

Fresh air blowing

OR

Regularly open doors and windows

10 minutes per hour

Regularly clean your desk phone, keyboard and mouse

People briefly met are not to be considered as at-risk contact cases



Inserm