

## You have been in direct contact with a person who has tested positive for Covid-19.

Follow these instructions:

- Self-isolate (or take special precautions)
- Get tested
- Monitor your health

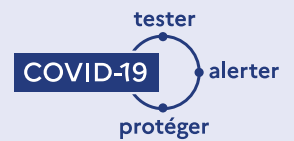
### WHY YOU NEED TO SELF-ISOLATE (OR TAKE SPECIAL PRECAUTIONS)

- **To avoid infecting your family, friends and other people** if you have the virus, even if you have no symptoms or have been vaccinated. In fact, you can be contagious for 48 hours before any symptoms appear and you can be infected without having any symptoms of the disease. This is a risk even for people who have been vaccinated, although it is much lower for them.
- **To help stop the spread of the disease.**

### WHEN SHOULD YOU GET TESTED AND WHAT SHOULD YOU DO?

	You are fully vaccinated, you are not severely immunocompromised and you have been in contact with Covid-19. You are at <b>moderate-risk</b> .	You have been in contact with Covid-19. You are <b>not fully vaccinated or you are severely immunocompromised</b> . You are at <b>high-risk</b> .
When should you get tested?	<ol style="list-style-type: none"> <li>1. <b>Get tested immediately</b> at a testing facility on the l'Assurance Maladie list (the French national health insurance organisation) or on the <a href="https://www.santé.fr">santé.fr</a> website.</li> <li>2. <b>Then get a second test</b> <ul style="list-style-type: none"> <li>- 7 days after you last had contact with the confirmed case.</li> <li>- Or 7 days after the person has recovered, if you live in the same household (i.e. most often 17 days after the start of the person's illness or after his/her test).</li> </ul> </li> </ol>	
What to do	<ul style="list-style-type: none"> <li>• <b>You do not need to self-isolate</b> before you get the test result. However, you must wear a surgical mask in public (and at home if you live in the same household as the confirmed case) and limit your contact with other people.</li> <li>• <b>Tell people</b> whom you met 48 hours after you last had contact with the confirmed case and recommend that they limit their contact with family and friends.</li> <li>• <b>Monitor</b> your health and get tested immediately (do not self-test) if you get a fever or other symptoms.</li> </ul>	<ul style="list-style-type: none"> <li>• Do not wait for the test result and self-isolate <b>immediately until the second test</b>.</li> </ul>
If your result is positive	<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, after these 10 days, you still have a temperature, stay in isolation. You can stop self-isolating 2 days after the fever has gone.</li> <li>• <b>You will be contacted</b> by staff from l'Assurance Maladie to identify the people with whom you have been in direct contact (people living in the same household, colleagues sharing the same office etc.).</li> </ul>	
If your result is negative	<ul style="list-style-type: none"> <li>• <b>If your first test is negative:</b> you do not need to self-isolate. However, you must wear a mask in public (or at home if you live in the same household as the confirmed case) and limit your contact with other people.</li> <li>• <b>If your second test is negative and you don't have any symptoms:</b> you can stop taking additional precautions.</li> </ul>	<ul style="list-style-type: none"> <li>• <b>If your first test is negative:</b> continue to self-isolate.</li> <li>• <b>If your second test is negative and you don't have any symptoms:</b> you can stop self-isolating.</li> </ul>

\* Vaccination is complete if you have received either one or two doses, depending on the vaccine and any documented previous infection, at least 7 days ago (Pfizer Cominarty® vaccines, COVID-19 Moderna® vaccine, Vaxzevria® from Astra Zeneca and Covishield® from Astra Zeneca) or 4 weeks ago (COVID-19 Janssen® vaccine).



## HOW TO MONITOR YOUR HEALTH

### IF YOUR TEST IS POSITIVE, WHETHER YOU HAVE SYMPTOMS OR NOT

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 get a fever or headaches**
  - You can 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.** If you are not sure about a medication, call your doctor.
- **Do not take any other medication** without talking to your doctor or pharmacist.
- **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).**

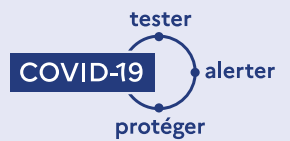
### IF YOUR TEST IS NEGATIVE OR YOU DO NOT YET HAVE THE RESULT AND YOU DON'T HAVE ANY SYMPTOMS

During your isolation, take **your temperature twice a day** and **check for the appearance of one of these symptoms:**

- Fever (or feeling feverish), shivering
- Cough, sore throat, runny nose
- Trouble breathing or feeling of tightness in the chest
- 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 or rapid worsening of a known illness.

If you have one or more symptoms, **even slight ones or if you have any doubts**, call your registered doctor immediately, who may prescribe another test.

**If you are not registered with a doctor**, call 0800 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.

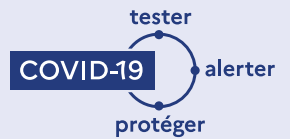


## HOW TO ARRANGE YOUR ISOLATION

- **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 it, especially if you cannot work remotely, go to the website at [declare.ameli.fr](http://declare.ameli.fr) site to apply for a **sick note** following contact with someone with Covid-19.

## 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 this same room.
- **Avoid contact with other people in your home or accommodation**, don't touch them and don't hug them.
- **Wear a surgical mask when there is someone else in the same room.**
- **If possible, use separate bath and toilet facilities** that you do not share with other people in your home. If you have no choice, the rooms that you share with others must be cleaned regularly. The 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 limit conversations with them to 15 minutes at most.
- **You must not see anyone who is vulnerable, even if they have been vaccinated:** people aged 65 years and over, people with chronic diseases such as high blood pressure or diabetes, cardiovascular diseases etc., people with severe obesity, or pregnant women in the third trimester of pregnancy.
- **Wash your hands frequently with soap and water** and dry them with a towel that only you use.
- **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 live alone, ask your family, friends or neighbours to deliver your medicines, shopping or meals** or get them delivered by the shop or the pharmacy. Have the package placed on the landing to limit contact.
- **If you need care or help at home**, choose just one person to help you, if possible. That person must wash their hands very regularly and wear a mask.
- **Keep your family informed.**
- **If you have to go out to the doctor, for testing or to the pharmacy**, wash your hands before leaving home, wear a surgical mask, and stay away from others while you're out, making your trip as short as possible.



#### CLEAN YOUR HOME VERY REGULARLY

(If you are staying in alternative accommodation, follow the applicable instructions)

- **Regularly ventilate** the rooms in which you live by opening the windows (every day, as often as possible).
- **Clean and disinfect the surfaces you have touched:** door handles, bathroom fittings, toilets, floors etc., with the product that you normally use, then with a product containing bleach or 70% 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.
- **Use household cleaning equipment that does not disperse dust,** such as a sponge or a mop. Do not use the vacuum cleaner.
- **When you've finished cleaning,** wash and dry your hands.

#### REMOVE ANY WASTE THAT COULD BE CONTAMINATED

(If you are staying in alternative accommodation, follow the applicable instructions)

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

#### IF YOU HAVE ANY QUESTIONS

- If you have any questions related to your state of health, **call your doctor.**
- If you are alone, are worried and need to talk, call **0800 130 000.**
- **For reliable information,** go to the French government website at <https://gouvernement.fr/info-coronavirus.fr> or the French Ministry of Social Affairs and Health website at <https://solidarites-sante.gouv.fr>; see the section on "Tout savoir sur le Covid-19" ("Everything you need to know about Covid-19").



Download the app from the  
Apple Store and Google Play.

Questions about coronavirus?



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



**0800 130 000**  
(freephone)