

Update
10/08/2020

CORONAVIRUS 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)

- In case of heavy breathing difficulties or if feeling faint: dial 15 (French medical emergency service)
- Otherwise, GO BACK HOME with a surgical mask on
- Call a physician for medical care, test for Covid-19 and isolation advice

FOR AT RISK CONTACT CASES

To be investigated within **48h before** the confirmed or suspect case began to show the first symptoms

Anyone who has, with no effective protective measures¹ in place:

- Shared the same living space with the confirmed or suspected case
 - **Had a direct contact**, face-to-face, at less than 1 m (3 feet) and regardless how long (chatting, lunchtime)
 - **Shared a confined space** (office or meeting room, private vehicle...) for at least 15 minutes or at a moment of coughing or sneezing
- Stay at home with a mask on and call your physician for medical attention, test for Covid-19 and isolation advice
- Avoid contacts with family relatives and watch for symptoms of Covid-19 / Monitor your temperature twice a day
 - Follow the barrier gestures

¹ Effective protective measures:

- speak-hole device and other shields (plastic windows)
- surgical mask worn by the case **OR** by the contact person
- public mask worn by both the case **AND** the contact person

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

Report to the occupational physicians of the contact and suspected cases

GENERAL RECOMMENDATIONS

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

FOLLOW THE BARRIER GESTURES



Stay at a distance of 1 m at least (3 feet)



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, anytime you manipulate your face mask



Cough or sneeze inside your elbow

When you are face-to-face with a coughing person, step back and stay at a distance of 1 m at least (3 feet)



Wear a mask whenever the safety distance of 1 meter (3 feet) cannot be respected, in walking spaces and during meetings in confined spaces or rooms



Do not touch your face



Greet one another without shaking hands or kissing each others



Ventilate your workplace whenever possible
Clean regularly your phone, keyboard and computer mouse