



COVID-19

TRAVELLERS' ADVICE: I HAD COVID SYMPTOMS ON THE PLANE AND MY COVID TEST IS POSITIVE

What to do while I am on self-isolation

I must self-isolate

- To avoid infecting my relatives and other people because I am infected with the virus.
- To limit the spread of the epidemic.

Where should I self-isolate?

- At home, if I have suitable accommodation to isolate from people sharing my home, in particular if they are at risk of a severe form of COVID-19.
- In a dedicated accommodation if I do not have a place to stay in France or if my accommodation is not suitable. To identify a place of accommodation, I report this situation to the doctor or the health authorities.

At home or in the dedicated accommodation, I protect my relatives and other people

- I remain isolated in the same house/accommodation for 14 days, with as little contact as possible with other people.
- I wear a mask in the presence of a person in the same room. I keep at least a 1-meter distance with other people and I limit the time spent with them to 15 minutes.
- If I share my home with other people:
 - I avoid contact with other people at home or in the place of accommodation;
 - If possible, I self-isolate in a separate room;
 - If possible, I use a separate bathroom and toilet;
 - I have no contact with vulnerable people even if I take precautions (individuals over 65, or with a chronic disease, or with significant obesity, or pregnant women in the 3rd trimester).
- I continue to apply hygiene and social distancing measures: frequent handwashing, use of single-use tissues, covering of cough and sneezes, maintaining a distance of more than 1 meter with other people. I do not share my personal items.
- If I am on my own, I ask my relatives (family, friends, neighbours) to deliver my medications, groceries or meals at my place or I have them delivered by the store or the pharmacy. The package must be dropped off on the floor in front door to limit contact.





- If I need care or assistance in my home, I choose only one person to help me with everything. This person must wash his/her hands very regularly and must wear a mask at any time.
- I will be followed-up and regularly contacted by the regional health agency (agence régionale de santé).
- I monitor my symptoms and I call 15 (Emergency services) if my health condition deteriorates, especially if I have difficulty breathing.

I disinfect my home very regularly

(if I am in a place of accommodation, I respect the instructions)

- I ventilate the rooms in which I live: I open the windows (at least for 10 minutes each time, several times a day).
- I daily clean and disinfect the surfaces I have touched: door handles, bathroom furniture, toilets, floors, etc. with the cleaning product I usually use, then with a product that contains bleach or any virucide that meet the EN 14476 standard. I then rinse with water. I can also use a combined detergent-disinfectant product.
- I wash:
 - my utensils and my dishes with dishwashing detergent, then I dry them. Or I wash them in the dishwasher (temperature at 60° C);
 - my laundry (sheets, towels) at 60° C minimum, for 30 minutes or more. I put them directly in the washing machine without shaking them.
- I prefer household utensils that do not disperse dust like a sponge or a mop.
- I don't use the vacuum cleaner unless it is equipped with a HEPA filter.
- After cleaning, I wash and dry my hands.



I dispose of waste that can be contaminated

(if I am in a lodging house, I respect the instructions)

- I use a plastic bag (opaque, volume of 30 L maximum, must close with ties).
- I keep the bag in the room where I live.
- In this bag, I only throw masks, tissues, wipes and all other disposable cleaning materials used.
- I close this bag when it is full and place it in a second plastic bag.
- I do not touch the bag for 24 hours; after this time, I throw it into the non-recyclable garbage bin.

