



GOUVERNEMENT

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COVID-19

TRAVELLERS' ADVICE: I HAVE TO RESPECT A 14-DAY SELF-ISOLATION

What to do

Why?

- To avoid infecting my relatives and other people and limit the spread of the epidemic.
- If I am infected with the virus, and even if I don't have any symptoms, I can be contagious up to 48 hours before the signs appear, or I can be infected with the virus without any signs of the disease.

Where should I spend my self-isolation time?

- At home, if I have a suitable accommodation to isolate myself from people sharing my home, in particular if they are at risk of severe forms of COVID-19.
- In a dedicated place of accommodation if I do not have a place to stay in France or if my accommodation is not suitable. I can call the dedicated team, Cellule territoriale d'appui à l'isolement (CTAI) from 8 am to 7 pm to identify a place of accommodation: 01 75 34 39 33, 01 71 29 00 15, 01 45 09 70 05.

What do I have to do?

- I agree to stay in the same place for 14 days.
- I strictly limit my outings to meet basic needs.



I wear a mask when leaving my home or if I am with someone else in the same room. I stand more than 1-meter away from other people and I limit my time spent with them to 15 minutes.



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- If I share my home:
 - I avoid contact with other people in the house or place of accommodation;
 - If possible, I self-isolate in a separate room;
 - If possible, I use a separate bathroom and toilet;
 - I have absolutely no contact with vulnerable people even if I take precautions (individuals aged 65 and over, or with a chronic disease, or with severe obesity or pregnant women in the third trimester).
- I apply hygiene and social distancing measures: frequent handwashing, single-use tissues, covering of cough and sneezes, distance of at least 1 meter with other people. I do not share my personal items.



- I ventilate very regularly and disinfect daily the surfaces I have touched.

What should I monitor?

- I take my temperature twice a day and watch for these symptoms even if they are mild:
 - fever or feverish feeling, chills;
 - cough, sore throat, running nose;
 - difficulty breathing or tightness in the chest;
 - unexplained intense fatigue;
 - unexplained muscle pain;
 - unusual headaches;
 - loss of sense of smell;
 - loss of taste of food;
 - diarrhea.
- If one or several of these signs appear, even if mild, or if I have any doubt, I contact a doctor or I call 15 for Emergency services (Dial 114 if you are deaf or hard of hearing). If I have difficulty breathing, I call 15 immediately.

