ANYONE SHOWING COVID-19-LIKE SYMPTOMS
(Fever, cough, breathing difficulties, loss of smell or taste, important tiredness, toux, body aches or pain)

- Dial 15 (French medical emergency service) in case of heavy breathing difficulties or if feeling faint
- Otherwise, go back home with a surgical mask on, and isolate yourself
- Call a physician for medical care and test for Covid-19

FOR CONTACT CASES
Contact cases must be investigated within 48h before the suspect case began to show the first symptoms

1. Risk is MODERATE TO HIGH
   - Direct contact face-to-face with a suspect case - at a distance less than 1 m (3 feet) - and at the time of a coughing, sneezing or during a chat, without wearing a mask
   - Proximity with office colleagues with no respect of the barrier behaviour and protection measures
- Call a physician for medical care and test for Covid-19
- Stay at home and wear a mask
  - Avoid contacts with family relatives
  - Watch for symptoms of Covid-19
  - Monitor your température twice a day
  - Follow the barrier gestures

2. Risk is LOW
   - One-time close contact or prolonged contact but a distance more than 1 m (3 feet), without a mask
   - Clinical survey without isolation but wearing a mask and following the barrier gestures

People showing symptoms of Covid-19 and contact cases shall report to their occupational physician

GENERAL RECOMMENDATIONS
The virus is transmitted airborne via droplets (cough, sneeze, sputter, split) 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) – or in a safe area of 4 m² (45 sqf)
- 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 noze, 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 range of 1 m at least (3 feet)
- Use a disposable handkerchief and throw it away
- Do not touch your face
- Greet one another without shaking hands or kissing each others
- Ventilate living places whenever possible
  - Clean regularly your phone, keyboard and computer mouse

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