

## What is a Covid-19 coronavirus ?

Coronaviruses are a large family of viruses that cause illnesses in humans ranging from a simple cold to severe respiratory illnesses. The virus identified in January 2020 in China is a new coronavirus. The disease caused by this coronavirus has been named COVID-19 by the World Health Organization - WHO.

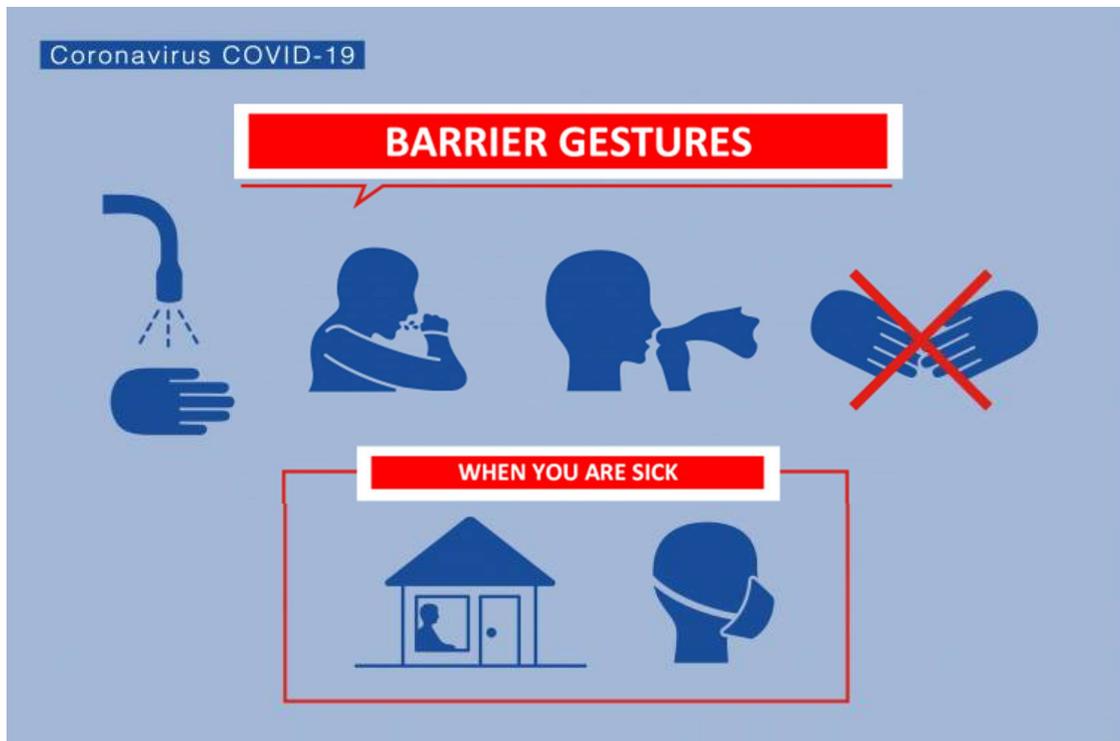
### What are the modes of transmission ?

The COVID-19 coronavirus is transmitted by air (sneezing, cough) during close and close contact with a sick person:

same place of life, direct contact within a meter in the absence of measures protection. Transmission via objects is possible.

### What are barrier gestures ?

In the face of infections, there are simple actions to protect yourself and those around you:



### How to protect yourself?

- Greet without shaking hands or kissing,
- Respect a distance of at least one meter.
- Avoid putting your hands to your face without first washing them with soap and water or using an alcohol-based solution.
- **For sick people**, wearing a surgical mask is recommended in order to avoid spreading the disease by air.
- **For non sick people** the wearing of this type of mask is not recommended and its effectiveness has not been demonstrated.
- **Health professionals in close contact with patients** must use specific protective equipment such as FFP2 masks.

## HAND WASHING IS RECOMMENDED IN ALL CASES

### Recommendations For people in or coming from an area where the virus is circulating

- Monitor your temperature twice a day;
- Watch for the appearance of respiratory infection symptoms (cough, difficulty breathing, etc.) ;
- Wash your hands regularly or use a hydro-alcoholic solution ;
- Avoid contact with frail people (pregnant women, the chronically ill, the elderly, etc.) ;
- Avoid frequenting places where fragile people are found (hospitals, maternity hospitals, accommodation structures for the elderly, etc.) ;
- Avoid all non-essential outings (large gatherings, restaurants, cinema, etc.) ;

In case of signs of respiratory infection (fever or feeling of fever, cough, difficulty breathing) if you live in an area where the virus is circulating or within 14 days of returning from an area where the virus is circulating:

- **Contact 141 reporting your symptoms;**
- **Avoid contact with those around you;**
- **Do not go to your doctor or to the emergency, to avoid any possible contamination.**
- **No non-steroidal anti-inflammatory drugs (NSAIDs: Ibuprofen and all others), nor corticosteroids for the treatment of febrile or infectious attacks. Take paracetamol.**

### Recommendations for people who have been in contact with a positive patient for coronavirus

- Maintains at home without any output
- Respect barrier gestures with those around you
- Monitor your temperature twice a day for the next 14 days
- If possible, sleep separately.
- The common areas, bathroom for example, if they are shared must respond to robust hygiene measures, cleaned and disinfected frequently (bleach)
- Do not share towels and hygiene products
- Avoid touching wrists, switches and flat surfaces, clean and disinfect frequently (bleach)
- Ventilate house / apartment several times a day
- In case of respiratory symptoms with fever or runny nose, cough, muscle pain, diarrhea, stay at your home and contact your doctor
- Call 141 only if you have severe symptoms, difficulty breathing, or shortness of breath, or if you are unable to contact your doctor.
- In these situations, do not use public transportation, do not go directly to your doctor, or to the emergency room.