



## SELF-ISOLATION AND MONITORING ADVICE

Currently, your health condition requires confinement for 14 days, and monitoring of your symptoms

### STAY INSIDE AS MUCH AS POSSIBLE

- If possible stay in one room
- Open the room windows regularly
- Limit physical contact with other residents as much as possible
- Visits are not recommended unless essential (food supplies, nurse visits, etc.)
- If you need medication, have one of your relatives go to the pharmacy



### IF YOU REALLY NEED TO GO OUTSIDE

- Wear a mask while travelling (by bus, subway, etc.)
- Maintain a safe distance of at least one metre between yourself and other people
- Avoid public places and vulnerable people (hospitals, maternity ward, elderly...)
- Do not forget to take your individual declaration form for travel or you might get fined
- If you go to a medical appointment, notify the nursing staff of your medical condition and wear a mask

### HYGIENE RULES

- Wash your hands at least 6 times a day
- When you cough, cough inside your elbow
- Use disposable tissues
- Do not touch objects that are regularly used by those around you (phone, remote control...)
- Keep surfaces that many people touch clean (doorknobs, windows, tables) with detergent or diluted bleach



### MONITORING

- Write down the days when you have a fever
- If your health condition gets worse, call your doctor or the Louis Guilloux medical center 02-99-32-47-36
- If you feel distressed and / or out of breath or have trouble finishing your sentences **call 15**
- If you have an other appointment at the medical center, come back on the day that was prescribed. We can also call for news.



### TREATMENT

- The **ONLY** treatment in case of a fever is PARACETAMOL
- Do **NOT** take any anti-inflammatory medicine ( Ibuprofen, Nurofen, Advil, Voltarene)