COVID-19

Covid-19 is a viral infection caused by the SARS-CoV-2 coronavirus. Here’s how to protect yourself and others:

1. Wash your hands frequently with soap and water for at least 20 seconds.
2. Use hand sanitizer when soap and water are not available.
3. Avoid touching your face, eyes, nose, and mouth.
4. Practice social distancing by maintaining a safe distance of at least 1 meter from others.
5. Stay home if you have symptoms of illness, as determined by your health care provider.
6. Wear a face mask when in public spaces where social distancing is difficult.
7. Clean and disinfect frequently touched objects and surfaces.
8. Cover your mouth and nose when coughing or sneezing with a tissue or your elbow.
9. Get vaccinated when it becomes available.
10. Monitor your health and report any new symptoms to your health care provider.

For more information, visit Gouvernement.fr/Info-Coronavirus.

0 800 130 000 (Gouvernement.fr/INFO-CORONAVIRUS)