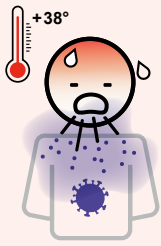
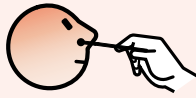


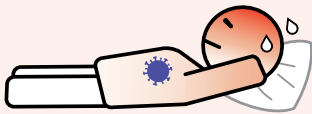
Covid-19 • Recommendations



What to do if you are ill ?



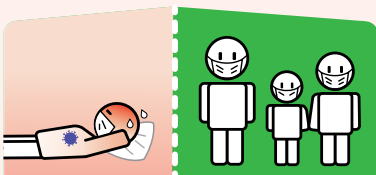
If you have symptoms, **contact a health professional**. They will test you for Covid.



Lie down and rest.
Generally, the illness gets better with rest.



If you have **difficulty with breathing**, dial 15 (114 for the hearing impaired)



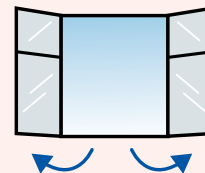
Stay home.

Minimise contact with others. Even inside, wear a face mask and do not eat with others. If this is difficult, the doctor can help to find another solution. It will be you who decides.

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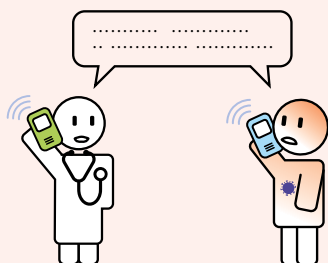
Continue with hygiene measures:
hand-washing, face mask,
and open windows.



Do not share daily objects:
cutlery, telephone... and keep surfaces
clean (door handles, for example).



The doctor will tell you the number
of days to remain isolated, when to do
a 2nd test, and if your family members
need to be tested.



They will help you get better.
**Your illness will not impact your
situation or your housing, etc.**

Do you have questions about the Coronavirus?



gouvernement.fr/info-coronavirus



0 800 130 000
(toll-free)

Or contact a healthcare professional or an organization