

I HAD A

HIGH-RISK EXPOSURE

WHAT SHOULD I DO ?

**I SELF-ISOLATE 7 DAYS FROM
THE LAST CONTACT I HAD
WITH THE PERSON WHO
TESTED POSITIVE**

I avoid contact with other people.

I get a test on the 7th day and I keep self-isolating until I get the results.

POSITIVE TEST

I self-isolate 7 more days from the date of my positive test

NEGATIVE TEST

I stop self-isolating and I keep respecting barrier gestures.

**IF I DEVELOP SYMPTOMS
WHILE SELF-ISOLATING**

I call my doctor and I keep self-isolating.



Find the closest screening centers on www.sante.fr

www.grand-est.ars.sante.fr

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COVID-19

WHAT SHOULD I DO?



MEMO

I HAVE SYMPTOMS

WHAT SHOULD I DO ?

I SELF-ISOLATE IMMEDIATELY

- I seek medical advice.
- I avoid contact with other people.
- I get a test.

POSITIVE TEST

- I inform my contacts.
- I contact my doctor who will explain me how long I should self-isolate (at least 7 days).
- After 7 days, if I still have fever, I wait 48 hours after it comes down before I go out

NEGATIVE TEST

- I stop self-isolating and I keep respecting barrier gestures.

I AM POSITIVE BUT HAVE NO SYMPTOMS

WHAT SHOULD I DO ?

I SELF-ISOLATE 7 DAYS FROM THE DATE OF MY POSITIVE TEST

- I seek medical advice.
- I avoid contact with other people.
- I inform my contacts.

IF I DEVELOP SYMPTOMS WHILE SELF-ISOLATING

- I call my doctor again.
- He will establish how long I should self-isolate (at least 7 days from the moment I developed symptoms).
- After 7 days, if I still have fever, I wait 48 hours after it comes down before I go out.
- If shortness of breath sets in, I immediately call 15.

I TESTED NEGATIVE

WHAT SHOULD I DO ?

I RESPECT ALL THE BARRIER GESTURES

- When in doubt or if I develop symptoms, I get a new test.

A NEGATIVE TEST DOESN'T MEAN I AM IMMUNE.