

COVID-19 Patient Information

Following your emergency room visit (or hospitalization) we have found your health condition to be fair at this time.

- You do not need to be hospitalized (any longer), **you can return home.**
- Your symptoms are indicative of a COVID-19 infection. You, therefore need to be **alert** for yourself and those close to you.
- The COVID-19 test is no longer automatically given for non-severe cases.
- There are no guidelines in place to test for COVID-19 when you no longer have symptoms.
- You have been registered as of today on a remote monitoring platform: www.covidom.fr.
- You will be shortly contacted by this service via a text message which will allow you to install the application on your mobile phone.
- The application will allow you to track your symptoms and help you identify possible warning signs of more serious symptoms.
- If there are warning signs, you will have direct contact with someone, potentially a doctor working on the platform.
- If you have difficulties understanding, do not hesitate to ask for help from a French-speaking contact.

DIRECTIONS TO FOLLOW UNTIL YOUR SYMPTOMS HAVE DISAPPEARED

1. **Wash your hands regularly** with soap and water or use alcohol-based hand sanitizer, especially before eating and after using the restroom.
2. Cough and sneeze into your elbow.

3. Use single-use paper tissues.
4. Wear a **medical mask** whenever you are around other people and if you absolutely have to leave the house.
5. **Avoid all contact** with vulnerable people (pregnant women, people with chronic illnesses, the elderly...)
6. Do not go to places where there are vulnerable people (hospitals, maternity wards, retirement or nursing homes)
7. Avoid leaving the house, do not take public transport.
8. To treat fever and body ache symptoms, follow your doctor's prescription, **do not use anti-inflammatory medication.**
9. Parents: children are not likely to develop symptomatic COVID-19 infection. However, they should still stay confined.
10. Workers/Students: work from home as much as possible and avoid close contact with others (meetings, elevators, cafeteria...).
11. You will receive a doctor's certificate for 14 days of sick leave from your work - the time for your symptoms to disappear.
12. Strictly respect the 14 day self-isolation period including at least 48 hours after the end of your symptoms have disappeared.

In the event of a **SEVERE increase in symptoms** like shortness of breath, respiratory issues, or faintness:

→ **Contact Emergency Services - 15**

→ Do not go directly to the doctor or the emergency room.

All reliable information regarding the virus are available on:

<https://www.gouvernement.fr/info-coronavirus> or 0 800 130 000 (toll free)

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