

# Patient Information COVID-19

Following your consultation in the emergency room (or your hospitalization) we believe, today, that **your health condition is reassuring**.

- It does not require (or not longer require) to be hospitalized, **you can go back home**.
- Your symptoms are compatible with a COVID-19 infection: therefore you must be **vigilant** for **yourself** and for **those around you**.
- COVID-19 screening is no longer systematic for non-severe cases
- There is no indication that a screening for positive check is required at the end of the symptoms
- You have been registered today on a remote monitoring platform: Covid Lifen
- You will be contacted shortly by the latter via a SMS which will help you to install the software application on your phone
- It will help to follow the symptoms with you and help you to spot any sign of seriousness.
- In the event of warning signs, you will have a privileged contact with a person or even a doctor working on the platform.
- If you have understanding problems do not hesitate to seek help from a French speaking relative

## INSTRUCTIONS TO BE FULLFILLED UNTIL YOUR SYMPTOMS DISAPPEAR

1. **Wash your hands regularly** with soap and water or use an alcohol-based solution, especially before meals and after using the toilets.
2. Cough or sneeze in your elbow
3. Use disposable tissues

4. Wear a **surgical mask** when you are in front of other people and when you absolutely need to go out.
5. **Strictly avoid contact** with frail people (pregnant women, the chronically ill, the elderly...)
6. Do not go to places where fragile people are found (hospitals, maternity hospitals, accommodations for the elderly)
7. Avoid any outing, do not take public transports
8. To treat the symptoms of fever, body aches, follow the prescribed medication, **do not start anti-inflammatory therapy**
9. Parents : children are at low risk of developing symptomatic COVID-19 infection – They must also remain confined to the family.
10. Workers/Students: wherever possible, favor teleworking and avoid close contact (meetings, elevators, canteen, etc.).
11. You will receive a 14-day work stoppage until the symptoms disappear
12. Strictly observe the eviction period for 14 days AND at least 48 hours after the symptoms have disappeared.

In the **event of BRUTAL worsening of the symptoms** like breathlessness, breathing difficulties, malaise:

→ **Contact the SAMU centre 15**

→ Do not go to the doctor or to the hospital emergency room

**All reliable information concerning this virus is available at :**

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

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