



## TRAVELLERS: YOU ARE REQUIRED TO SELF-ISOLATE FOR 10 DAYS

You are arriving from a country listed in section 1, paragraph 3 of the French Decree of June 7, 2021 with an extremely high number of active SARS-CoV-2 cases or where certain variants of concern are spreading.

### Why do I need to self-isolate?

- To avoid infecting your relatives and others and to limit the spread of the epidemic.
- Even if you do not have any symptoms, you can be contagious for 48 hours before signs of illness appear. You can also be infected without showing any signs of illness.

### What do I need to do?

- Remain isolated in one place for 10 days.

#### Where should you self-isolate?



- **At home** or place of residence if you have suitable accommodation to remain isolated from the people you live with, especially if they are at risk of severe forms of COVID-19;
  - **In suitable accommodation (hotel or similar)** where you can self-isolate from the people you live with, especially if they are at risk of severe forms of COVID-19;
  - **In accommodation designated by the French authorities** if you do not have a home address or suitable accommodation. If you are in need of suitable accommodation, please call **+33 (0) 800 130 000**.
- Only leave your accommodation to buy groceries and meet your basic needs, during the hours permitted as indicated on the prefectural order you were given.
  - Wear a surgical mask when leaving your accommodation or when someone is in your room. Maintain a safe distance of at least two metres with other people. Limit conversations to 15 minutes.
  - If you share your accommodation:
    - Avoid contact with other people in your home or accommodation;
    - Stay in a separate room if possible;
    - Use a separate bathroom and restroom if possible;
    - Avoid contact with vulnerable people, even if you take precautions (people aged 65 and over, people with chronic illnesses, people with obesity or pregnant women in their third trimester).
  - Continue to follow all other safety measures: wash hands regularly, ventilate rooms frequently, use single-use tissues, do not share everyday objects and sanitise regularly the surfaces you have touched.
  - Have an **RT-PCR test** carried out **on the 9th day** of quarantine ; if the result is negative, your quarantine will end on the 10th day.

**Failure to comply with the mandatory self-isolation period may result in a fine from 1000 to 1300 euros ;**





## What signs of illness should you watch for?

- Watch for even mild signs of illness:
  - fever (or feeling of fever), chills;
  - cough, sore throat, runny nose;
  - difficulty breathing or a feeling of tightness in the chest;
  - unexplained severe fatigue;
  - unexplained muscle pain;
  - unusual headaches;
  - loss of sense of smell;
  - loss of taste of food;
  - diarrhoea.
- If one or more signs appear, even if they are mild, or if you have any doubts, have an RT-PCR test conducted by a laboratory, and if necessary, contact a doctor or call 15 (or 114 for people who are deaf or hard of hearing) if you have difficulty breathing.

### Summary:

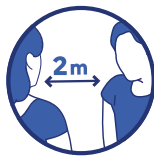
- ✓ Self-isolate in one place, either at home or in specific accommodation;
- ✓ Have an **RT-PCR test** carried out **on the 9th day** of quarantine; if the result is negative, your quarantine will end on the 10th day;
- ✓ Limit all contact with others;
- ✓ Only leave your accommodation during the hours indicated in the prefectural decree you were given;
- ✓ Wear a mask when you go out or are with someone else.

As part of the self-isolation support system, you will be regularly contacted by the French Health Insurance Services to check on you and help you during this period.

## For everyone's safety, please follow these safety measures on a daily basis:



Air rooms as often as possible



Keep a distance of at least two meters between you and others



Wear a category 1 surgical or fabric mask when it is not possible to respect two-meters distancing



Restrict your social contacts



Cough or sneeze into your elbow or into a tissue



Use single-use tissues and throw them away after use



Regularly wash your hands or use hydroalcoholic gel



Greet without handshakes or hugs/kisses



Avoid touching your face



Use the digital tools (TousAntiCovid)



**#Tous  
AntiCovid**

