Instructions related to the health crisis

1st September 2020

MANDATORY MASK

publique
France

COVID-19

Here, wearing a mask is mandatory

Let us stand together against the coronavirus

Wearing a mask MANDATORY

✓ In confined spaces
- Corridors
- Amphitheaters
- Classrooms
- Practical tutorial rooms

✓ Outside if many people gathering

EATING IN THE CORRIDORS AND STAIRCASES IS STRICTLY FORBIDDEN

✓ Rooms where you may have meals
- check screens in buildings 332-333-336
- week of the 1st Sept : building 337 open

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How to wear a mask

How to put a mask on

Wash your hands

Put the elastics behind your ears

or

Tie the laces behind your head and neck

Press the rigid bar on your nose (if there is one), cover your chin with the mask and do not touch it anymore

✓ Mild soap and water / hydro-alcoholic solution

✓ Place the rigid bar on your nose and slightly press it for a better adjustment

✓ Adjust the edges as best as you can so that there are no leaks

✓ Once the mask is in place :
- Do not touch it anymore
- Do not take your nose out
- Do not pull it down to your neck

otherwise the mask is no longer effective.

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How to take off, store and dispose of a mask

How to take a mask off

1 Wash your hands and take off the mask by touching just the elastics or the laces

2 After use, put the mask in a plastic bag and dispose of it in a waste bin

or

If it is made of reusable cloth, wash it at 60°C for 30 minutes

3 Wash your hands again

✓ Mild soap and water / hydro-alcoholic solution

✓ Provide a plastic bag, put the used mask inside of it and dispose of them in a waste bin

✓ Do not dispose of a used mask by throwing it to the ground

✓ Wash your hands thoroughly after having disposed of a mask

When to change your mask and how to carry it

- ✓ When it is wet or every 4 h (maximum)

- ✓ Do not carry it in a pocket, in a rucksack or in the palm of your hand

- ✓ Do not leave it on a table

- ✓ If it cannot be used again, put it immediately in a plastic bag and dispose of it in a waste bin

- ✓ If it is made of cloth and may be used again, keep it in a closed plastic bag while waiting to be washed at 60°C for at least 30 min

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IF YOU ARE NOT WEARING A MASK OR IF IT IS NOT CORRECTLY ADJUSTED ON YOUR FACE:

✓ **You will be asked to leave the room or the building** by your teachers and/or other members of the University staff

✓ **Disciplinary Board :** you risk expulsion from the University

A cloth mask provided to every student by the University is included in the welcome pack

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The barrier gestures to apply

Protect ourselves and each other

Wash your hands regularly or rub them with a hydro-alcoholic solution

Cough or sneeze on your elbow or on a handkerchief

Blow your nose on a tissue and dispose of it

Avoid touching your face

Keep a minimum distance of 1 metre with other people

Greet people without shaking hands or hugging

Hydro-alcoholic gel (HAG):

- In the amphitheatres

- At the entrance of the buildings

Distancing :

- Walk while keeping on your right
(follow the signs on the ground)

- Respect the signage on the seats in the amphitheatres

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What to do in case of symptoms

As from the 31st August 2020 the instructions are:

I have symptoms of Covid-19

COVID-19

D Day

I have symptoms of Covid-19 (cough, fever, runny nose, loss of taste or of sense of smell)

I call a doctor as soon as I have the first symptoms. He prescribes a screening test, the wearing of a mask and a sick leave

I isolate myself at home and I wear a mask

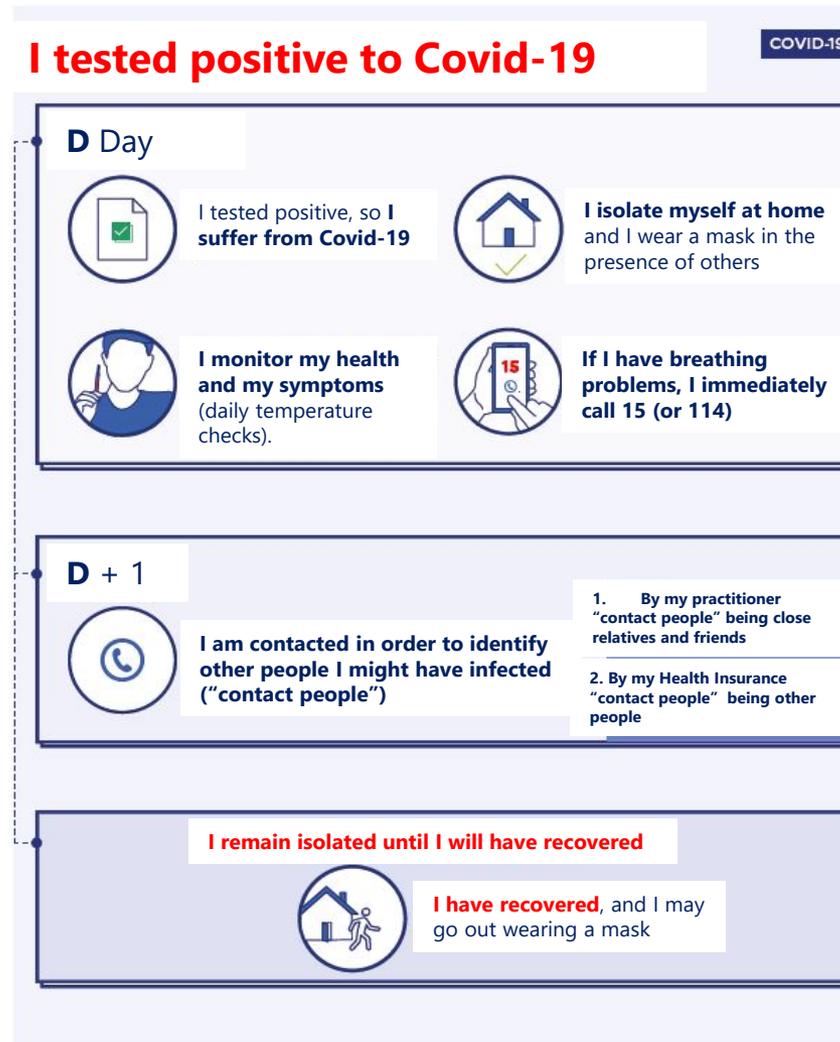I ask for an appointment in order to do a Covid-19 screening test

I go to the place where the test will be carried out with my Social Security card (carte Vitale), the medical prescription and wearing a mask

A health professional carries out my Covid-19 screening test.

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What to do in case of symptoms

As from the 31st August 2020 the instructions are:

What to do in case of symptoms

As from the 31st August 2020 the instructions are:

I am a "contact person" of someone who has Covid-19

COVID-19

I am informed by a phone call that I was in close contact with someone suffering from Covid-19
I ask for a screening test without medical prescription

I must be tested **immediately** if I live with an infected person, otherwise **7 days** after the last contact with him/her

I isolate myself at home, I wear **a mask** in the presence of other people and **I monitor my health**

My Health Insurance or my doctor inform me of the nearest laboratory

I get an appointment to be tested without any other legal requirements

D Day

I go to the place where the test **will be carried out** with my Social Security card (carte Vitale) and wearing a mask

A health professional carries out my Covid-19 screening test.

D + 1

I get the results of the test

I tested positive, I have Covid-19

I tested negative, I do not have Covid-19

Strict isolation and mask: I isolate myself at home until my full recovery or that of all the people at home

The Health Insurance calls me in order to inform me of the recommendations to follow

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What to do in case of symptoms

As from today the instructions are:

✓ **Stay at home and limit contact with others**

✓ **Contact the doctor: <u>sante-etudiants@universite-paris-saclay.fr</u>**

and the co-ordinator of your academic program

Pedagogical secretariats

✓ **Please send your queries by e-mail**
  and previously find and note the address of your secretariat

✓ **Come to the secretariat only if really necessary**
  and respect the barrier gestures:
  - wear a mask
  - wash your hand on arrival (HAG at the entrance)
  - distancing (follow the signs)
  - 1 single person in the secretariat at a time