

**If I have symptoms (fever, cough, aches and pains...)**

**I self-isolate, I stay home**



**PCR or antigen detection test**



**If your symptoms worsen : contact your doctor or call 15 immediately (emergency services)**

## Vaccination status

**✓ I am FULLY vaccinated \***

\* 2 doses (2 doses more than 7 days after the 2nd dose) + 1 dose 7 months after the 2nd dose until February 15th, then 4 months after the 2nd dose from February 15th

**✗ I am NOT vaccinated or NOT FULLY vaccinated**

## I have been in contact with a confirmed case of COVID-19\*\*

- **PCR or antigen detection test immediately**  
**No isolation** waiting for the results but respect **prevention measures +++**
- **If my test is positive : I follow the procedure**  
**If my test is negative : I do not self-isolate and I can go back to work**
- **Self-tests 2 and 4 days after**
- **If my Self-Test is positive : I take a PCR or antigenic test to confirm and if it is still positive, I follow the procedure**  
**If my test is negative : I keep going to work**

This procedure applies to people living with or without the confirmed case

- **I self-isolate for 7 days** from the last contact with the COVID-positive person
- **PCR or antigen detection test** after self-isolation (or during isolation if I have any symptoms)
- **If my test is positive : I follow the procedure**  
**If my test is negative : I can go back to work**

For people living outside the home of the confirmed case: Day 0 of isolation is the day of the last contact with the confirmed case. For people living in the home of the confirmed case: Day 0 of isolation is the day of the first symptoms of the confirmed case or the positive test.

## I have tested positive for COVID-19

- **I self-isolate for 7 days** from the first symptoms or the day of the test if I don't have any symptoms
  - **I contact my superior and send an email to [medecinedeprevention@univ-tours.fr](mailto:medecinedeprevention@univ-tours.fr)**
  - **I download an isolation attestation on the website <https://declare.ameli.fr/patient-positif/conditions> to send to my superior and HR**
  - **I warn my close contacts (for the last 7 days)**
  - **I can stop isolating after 5 days** if my PCR or antigen detection test is negative after 5 days / or if I haven't had any symptoms for the last 48h
- 
- **I self-isolate for 10 days** after the first symptoms or the day of the test if I don't have any symptoms
  - **I contact my superior and send an email to [medecinedeprevention@univ-tours.fr](mailto:medecinedeprevention@univ-tours.fr)**
  - **I download an isolation attestation on the website <https://declare.ameli.fr/patient-positif/conditions> to send to my superior and HR**
  - **I warn my close contacts (for the last 7 days)**
  - **I can stop isolating after 7 days** if my PCR or antigen detection test is negative after 7 days / or if I haven't had any symptoms for the last 48h

\*\* Contact case: any person who has shared a living space with a confirmed case of COVID-19 / has been in direct contact with a confirmed case: face-to-face, less than 1 meter, whichever amount of time (conversation, flirt, hug, kiss) / has given or received hygiene or health care / has shared a confined space (office, meeting room, personal vehicle,...) for at least 15 minutes with a confirmed case, or face-to-face while coughing or sneezing / is a student or teacher of the same TD/TP group without efficient protection measures during contact (Plexiglas, surgical or FFP2 mask worn by the confirmed case OR the contact case, fabric mask worn by both the confirmed case AND the contact case).