

COVID-19 GUIDANCE FOR STUDENTS



Version 15-sept-2021
 Author : Bruno Chabanas, MD
 (coronavirus.ssu@uca.fr)

**I am positive for Covid-19
 (I just had a positive PCR or antigen test)**

I warn my contact cases : they have to follow the guidance for "contact cases"

- I contact my treating physician by phone (or call 15 or 112 in case of emergency like respiratory distress)
- I do not come to the Uni, I isolate myself from others at home, I avoid any collective activity, I wear a face mask anytime I am not alone, and I warn my close relatives from the last previous days (see right)
- I inform the administration of my formation and I report myself by email at signalement.covid@uca.fr precising : name, surname, phone, school/department (TD/TP groups), accomodation (shared? CROUS?), if I am symptomatic (if yes, since when), if I already had a positive COVID-19 test in the past (if yes, when), if I am vaccinated (if yes, which vaccine, which dates)
- + list of students or Uni staff who have been around me without any sanitary barriers (no face mask, no physical distancing) from the 48 hours before my symptoms onset or from the 7 days before my test if I am asymptomatic.
- I can collect at a pharmacy during 14 days face masks (by presenting my positive test result)
- For my health, I follow the SSU advises at <https://sante.uca.fr/accueil-soins/faq/covid-19/> (french)

I am **symptomatic**

I am **asymptomatic**

I stay isolated at least 10 days, and as necessary in order to stop isolation after 48 hours without fever

If I develop symptoms : I restart the isolation from zero

I stay isolated 10 days after the test

- During my isolation :
- If I live in a collective accomodation (CROUS...), I do not use the shared areas (kitchen...) if possible
 - If I live in a CROUS residency, I inform the CROUS administration from my situation.
 - If I live in a shared accomodation (shared apartment...), I inform quickly my room-mates about my positivity.

I do not proceed to any "control test" (it can stay positive for days/weeks without being contagious)

Following this isolation, I can resume my university activities.

- For 7 days after the end of my isolation period :
- I wear a surgical face mask rather than a cloth mask.
 - I do not practise any indoor collective physical activity
 - I restrict my social life to the minimum (no party, no shared meal or drinks...)

Some symptoms of Covid-19 :

Respiratory symptoms, fever, unexplained asthenia and/or muscle pain, headaches (apart from a known migraine), loss (or decrease) of smell and/or taste, headaches, muscle pain, asthenia...

Loss of smell/taste, asthenia, can persist after the disappearance of the other symptoms. If isolated, these symptoms do not contraindicate the end of isolation.

Monitoring

I track my symptoms and remember to check my temperature several times per day. I do not hesitate to call my physician in case of doubt or unusual symptom, or for any other health reason. If I present a respiratory distress, I call immediately the emergency (15 or 112).

A local health authority (CPAM) is going to contact me as a positive case, as well as the SSU if I report myself (see opposite) :

I get ready for their call or email, by listing the persons I could have contaminated (at the Uni for the SSU, and the others for the CPAM).
 -> If I am symptomatic, these are the individuals in contact with me during the 48 hours before my symptoms onset, or during the 7 days before my positive test if asymptomatic.
 The risk of transmission is significative if the contact has been made without face mask and physical distancing, for prolonged time and indoor (see the precise definition in the guidance "I am COVID-19 contact").

I follow the instructions from CPAM and from my physician.

IMPORTANT

• Do not proceed to any supplementary diagnosis test after the first positive one (it can stay positive beyond the contagious period, for days or weeks)

• You DO NOT have to ask for any medical certificate such as a healing certificate : the isolation is only guided by criteria and procedures developed here.

And what if I am fully vaccinated ?

The guidance is the same, vaccinated or not, if you are positive.

The vaccine reduce the probability from contracting the Covid19, and above all, to get a severe form of the illness.



FAQ about Covid19 vaccination on <https://sante.uca.fr/vaccin-covid19>



Need help ?
 Contact the SSU
signalement.covid@uca.fr