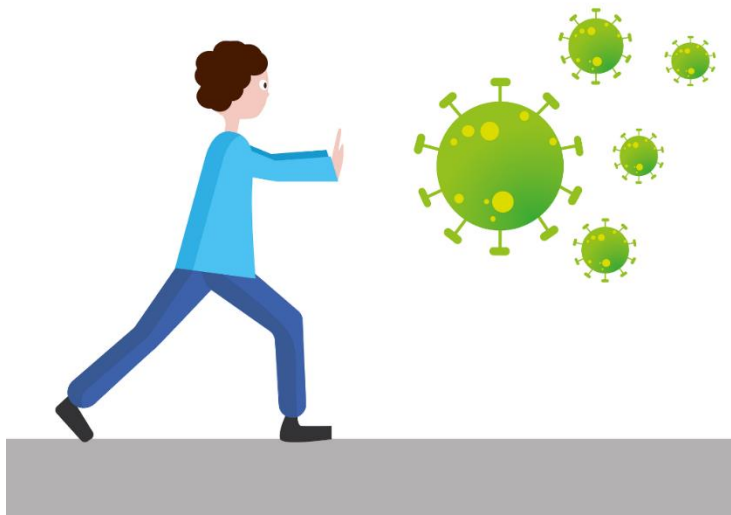


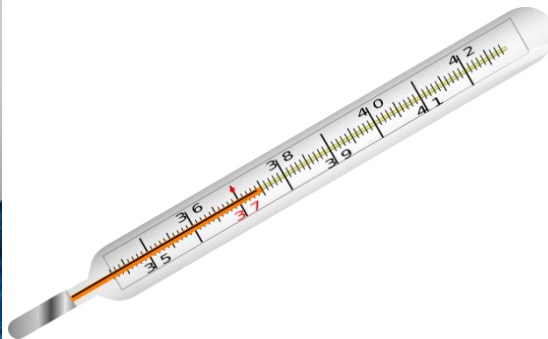
Coronavirus (COVID-19)

Learning to live with the virus – Simplified illustrated version

What to do to limit the spread of COVID-19



Check your symptoms



If you have COVID-19 symptoms such as:

- Fever
- Cough
- Sore throat
- Sudden loss of smell and taste



You must self-isolate immediately and perform a rapid test.

The rapid tests are easy to use. They are offered free of charge in most pharmacies.



If you don't have access to them, you must self-isolate at home.

Follow the self-isolation instructions

You must remain in your house for 5 days if you have COVID-19.

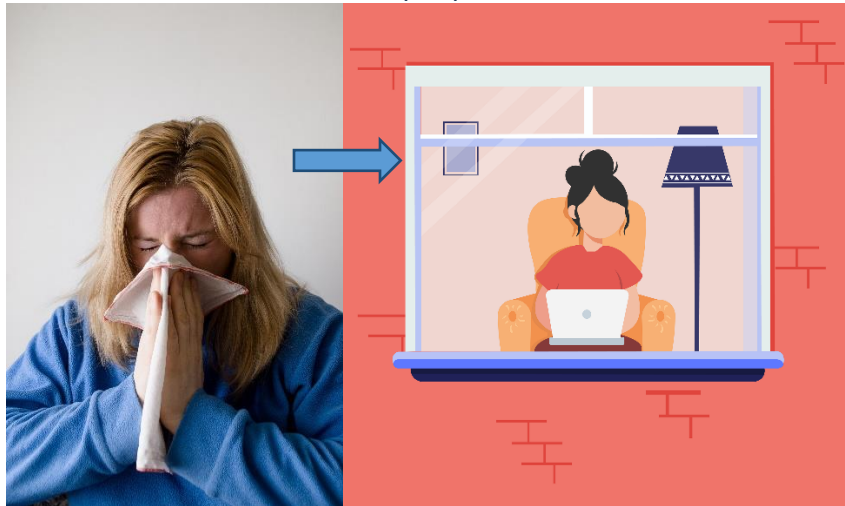


After 5 days, if you are feeling better, you can resume your essential activities (school, work). You will have to:

- Wear a mask



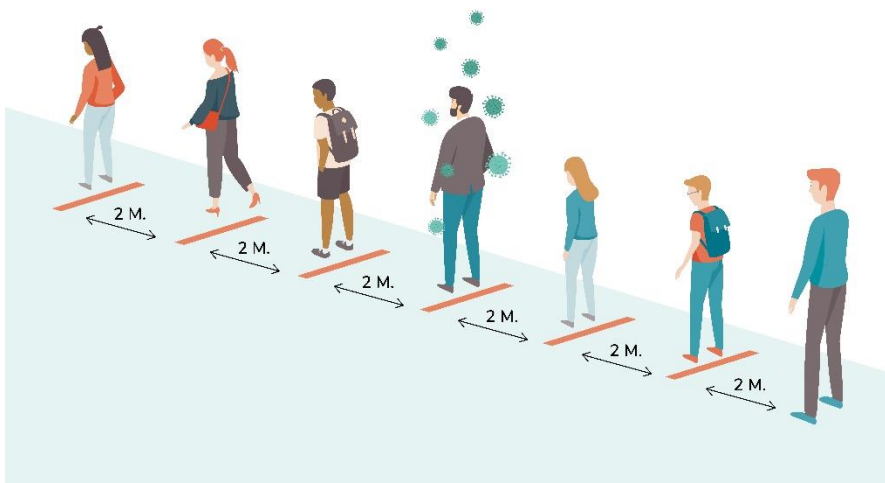
- Avoid contact with vulnerable people



- Avoid participating in non-essential events



- Keep a distance of 2 metres from other people



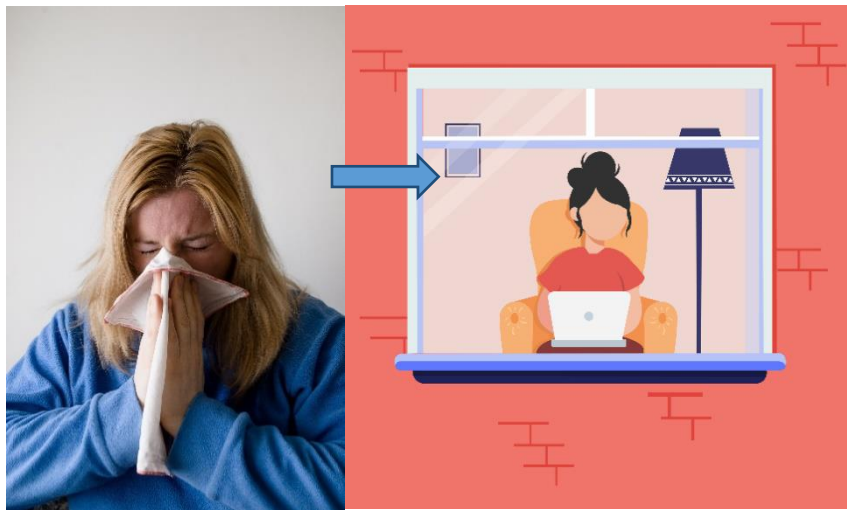
After 10 days, you may resume your activities as usual while taking steps to limit the spread of the virus.

You must follow these same instructions if you have been in contact with a person who has COVID (and you are not vaccinated and have never had COVID).

For further details, see the [Self-isolation instructions](#).

Protect the most vulnerable

If you have symptoms, avoid contact with other people, particularly the most vulnerable, including those aged 70 and older, those with a weakened immune system and those suffering from a chronic illness.



Get vaccinated

Vaccination is the best way to protect yourself and to protect others.



The body prepares its defences against the virus when a person receives a COVID-19 vaccine.



See the [Get vaccinated against COVID-19](#) page to find out how to get vaccinated.

Cover your face

Wearing a mask or a face covering lowers the risk of infection.



It is mandatory in most places where medical care is offered.



For further details, see the [Wearing a mask in public places during a pandemic](#) page.

Wearing a mask is recommended in the presence of vulnerable or immunocompromised people.



Apply the following recognized hygiene measures at all times:

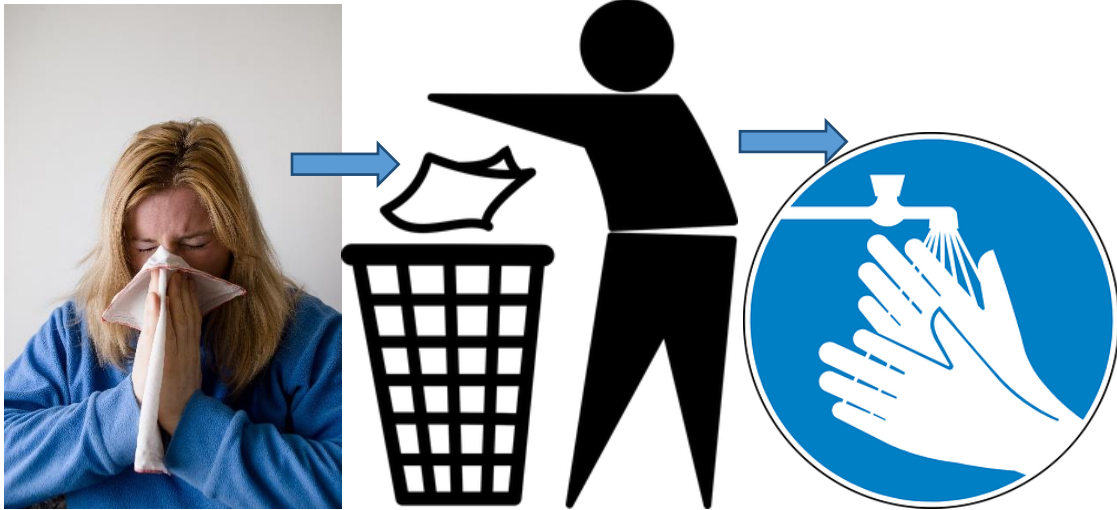
Cough into your elbow

When you cough or sneeze:

- Cover your mouth and nose with a paper tissue or your arm to reduce the spread of germs.



- If you use a paper tissue, throw it out as soon as possible and wash your hands afterward.



Wash your hands

Wash your hands often with warm running water and soap for at least 20 seconds (especially when you return home).

Consult the [hand washing techniques](#) as required.

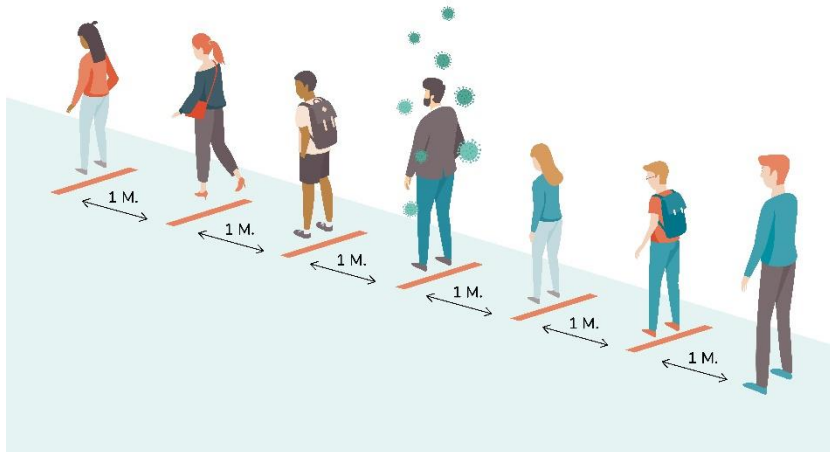


Disinfect your hands with an alcohol-based solution if you do not have access to soap and water.

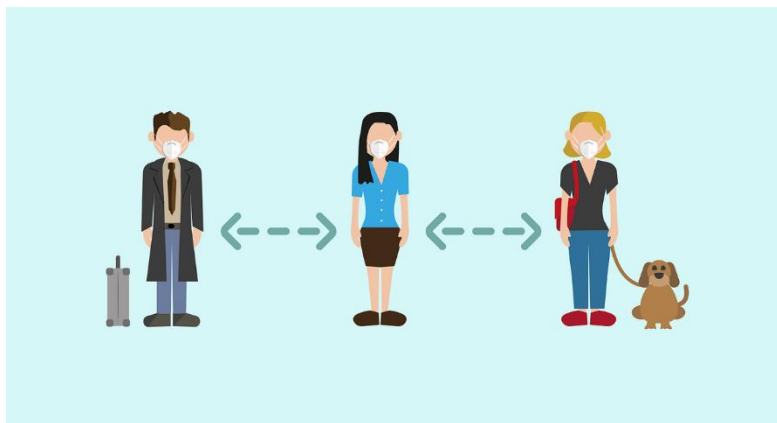


Keep your distance

Maintain a distance of at least **1 metre** (about 3 feet) from other people who do not live with you.



If that's not possible, wear a mask or a face covering.

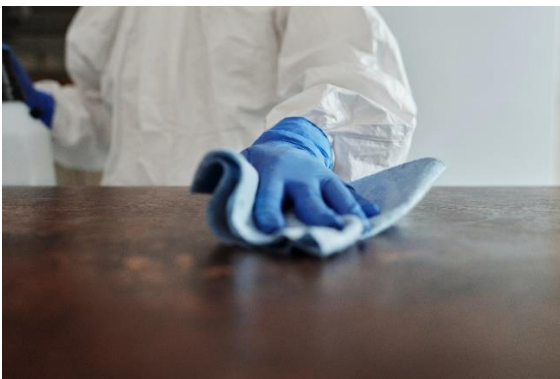


Avoid direct contact for greetings, such as handshakes, and opt for alternative practises.



Apply recognized hygiene measures

Regularly clean your environment and the sanitary appliances that you use.



Ventilate your home well

Open the doors and windows regularly to create a current of fresh air when there are a lot of people inside.

