

I HAVE A COMPLETE VACCINATION SCHEDULE*

I isolate myself **7 full days**

from my first symptoms,
or test date if i have no symptoms.

I can do an antigen test (TAG or PCR) on the **5th day**
if the test is **negative** and i have not had symptoms for 48 hours,
I can stop my isolation,

if the test is **positive** or i have not tested, I must continue my isolation until the
7th day after the date of onset of symptoms or the date of collection of the
positive test if I don't have symptoms.
There is no need for a new test at 7th day.

In case of fever, it is necessary to wait more 48 hours
after the symptoms disappear to get out isolated.
You have to use a mask during 7 days after the end of the isolation.

I AM VACCINATED OR HAVE AN INCOMPLETE VACCINATION SCHEDULE

I AM INFECTED

I isolate myself **10 full days**

from my first symptoms,
or test date if i have no symptoms

I can do a test (PCR or TAG) on the **7th day**
if the test is **negative** and i have not had symptoms for 48 hours,
i can stop my isolation

if the test is **positive**, or in the absence of this test,
isolation is **10 days**
It is not necessary to perform a new test at 10th day

I AM CONTACT CASE ** VACCINATED OR NOT VACCINATED

I don't have to isolate myself **BUT**

I **respect imperatively** barriers actions

I'm doing a **test** (PCR ou TAG) or selftest **D+2**

if the test is **negative**, I keep an eye on my health

if my self-test or TAG is **positive**, I confirm it by a test
PCR and I **isolate as COVID+**

If my test is **positive** I **isolate as a COVID+**.

If you have been infected with COVID for less than 2 months, you are immune.
It's essential to respect barrier actions

Wearing a mask

Since **14 march 2022**, is not obligatory to wear a mask in a closed places
(Except public transport and health center)

BUT, it's an advice to use a mask for all people with:

- poor health** and **risky serious form** of covid.
- People with **covid positive** and **during 7 days** after the end of isolation.
- contact case**
- And **symptomatic people**

***Pass Sanitaire valided** = 2 injections + recall if the last injection was more than 4 month OR COVID infection less than 4 months old

**** I am « contact case»** if I have been in the presence of a person tested positive without respect for barrier gestures within 48 hours before his symptoms or his test, if the person is asymptomatic

- If you are part of one of these situations, please report on the dedicated online form on the Nantes University website.
<https://www.univ-nantes.fr/sepanouir-sur-les-campus/sante-social/signalement-des-cas-covid-positif-testes>
- If you have any questions, please contact the Cellule Tracing Covid de Nantes Université **02 40 37 10 97** or **02 40 37 10 98**.