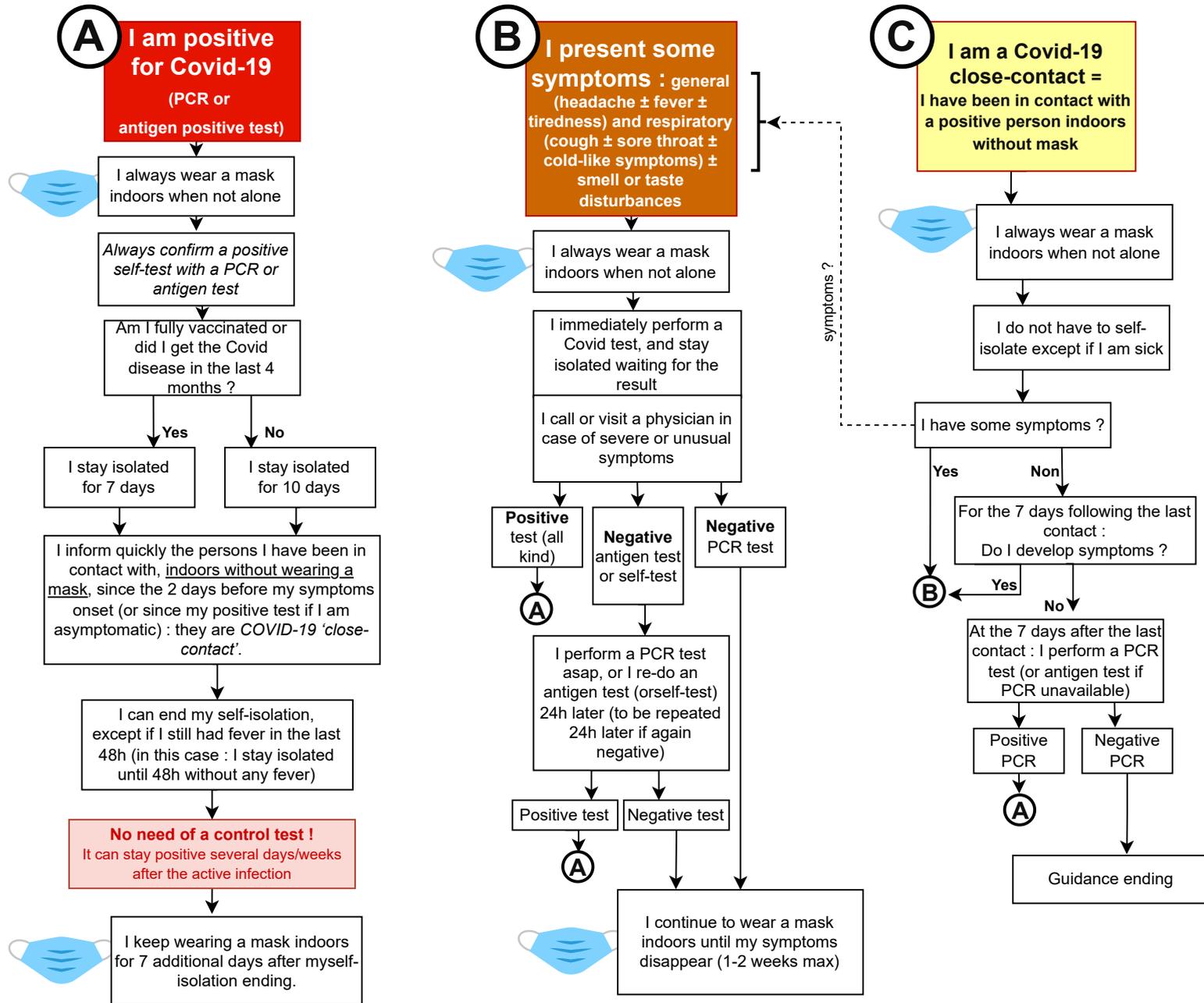


Covid-19 guidelines at UCA

Recommendations from the Student Health Service (SSU)



Administrative actions to undertake at UCA

If I am in self-isolation (positive, or symptomatic and waiting for a test result):

- Either I fill the form <https://covid-19.uca.fr/etudiant-et-usager/formulaire-de-signalement-covid-19> (only accessible with a student ENT UCA account)
- Either I send an email to signalement.covid@uca.fr AND I inform my tuition service (or my training manager) that I am absent for a Covid situation

Professional procedure

If I have a student job:

- I complete the procedures on <https://declare.ameli.fr> to get an "arrêt maladie" I will transmit to my employer

Self-monitoring in case of symptoms

I check my temperature regularly. I consult a physician in case of severe or unusual symptoms, or I am at risk of a severe Covid. If I present a respiratory distress +/- with fainting, I call immediately the emergency service (15 or 112). Some symptoms (irritative cough, tiredness, voice or smell disturbances...) can persist several days/weeks after the infectious phase: without fever, they do not sign a contagiousity and they will gradually fade away. Consult a physician if necessary.

Vaccination

A complete vaccination status reduce the risk to be hospitalized to more than 90%. It also reduce more modestly the risk to develop and to transmit the disease especially if the vaccination is recent. Visit <https://vitemadose.covidtracker.fr> to find where to get vaccinated.