

## **Covid precaution**

### **Covid19 restriction from 11.03.2022**

In general, everyone is called upon to take responsibility for self-assessing the risk that certain situations may present and for applying the necessary barrier gestures in order to minimize any risk of spreading the virus.

Despite the removal of a large number of health restrictions thanks to a not very worrying situation in the healthcare system, the SARS-CoV-2 virus, the causative agent of COVID-19, continues to circulate in the population and risks causing serious illnesses among people who are highly vulnerable due to advanced age or a pre-existing medical condition. Even if vaccination effectively protects against severe forms of disease, it should be realized that some vulnerable people cannot mount a protective immune response. It is essential that the entire population mobilizes to protect these vulnerable people. Certain sanitary measures will therefore have to remain and will henceforth be part of our good daily habits, namely:

#### **GENERAL RECOMMENDATIONS**

\* If a person is sick and has symptoms of an upper respiratory infection, they stay home. In this situation, rapid antigen testing (ART) for the SARS-CoV-2 virus is indicated. Alternatively, and especially if the symptoms are significant, contact with a doctor is recommended, preferably via teleconsultation. The doctor can prescribe, if indicated, a PCR test to look for the COVID-19 virus and also to look for other respiratory viruses (eg influenza virus).

\* A positive ART must be declared to the Health Department, which may offer a confirmation test, and will put the person in isolation in the event of proven COVID-19 infection. Compliance with the isolation period until the ART tests are negative (2 negative tests more than 24 hours apart) is essential to avoid transmitting the virus to other people.

\* Since a negative ART test does not formally exclude the presence of the SARS-CoV-2 virus, wearing a mask is recommended in case of respiratory symptoms and contact with other people, despite a negative test. The mask is important because it also prevents the transmission of other respiratory viruses that can cause more or less severe illnesses.

\* Wearing a mask, as a preventive measure, should also be recommended in the event of a large crowd of people in a small space. This is all the more important if the person is vulnerable and it is a closed space with poor ventilation. The FFP2 mask gives better protection against infection, provided it is worn correctly. The artisanal type mask is less effective than surgical or FFP2 masks. As a general rule, wearing a mask reduces the risk of infection by 50%.

\* It is recommended to cover your mouth and nose with a tissue when coughing or sneezing, to throw the soiled tissue in the trash, and to wash your hands afterwards. If no tissue is available, it is recommended to cough or sneeze into the crook of the elbow and not into the hands.

\* In order to protect vulnerable people, it is recommended to give ART before visiting such a person (e.g. before visiting a relative in a nursing home or before meeting a person who has an illness serious). This is also applicable if the visitor and the vulnerable person are vaccinated or recovered from a previous infection. Indeed, acquired or natural immunity reduces the risk of infection, but does not provide 100% protection.

\* In general, it is recommended to ensure good ventilation of interior spaces. This greatly reduces the concentration of viruses in the air and thus limits the risk of infection. If there are several people in a room, the windows can be opened for a few minutes every 20 to 30 minutes.

\* Many respiratory viruses are also transmitted by the hands. Hand hygiene, preferably by regular washing with soap and water for at least 20 seconds, is therefore still recommended. If hand washing is not possible for practical reasons, disinfection with a hydro-alcoholic gel is an interesting alternative.