HEALTH AND SAFETY KIT
COVID-19

Get fully vaccinated for best protection against COVID-19!
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Vaccination has been open since June 15 to young people aged between 12 and 18 years old, so we encourage you to get the jab! Several vaccination registration slots are available online every day on the appointment platforms.

For full protection, you should receive two doses of the COVID-19 vaccine.

These guidelines are subject to change according to new health guidelines issued by the Health Ministry.

Have a good semester and take care of yourself!

General health guidelines

Physical distancing is still necessary! Even fully vaccinated, still wear a mask and observe physical distancing until the level of herd immunity is reached.

Physical distancing measures:

<table>
<thead>
<tr>
<th>Hygiene</th>
<th>Physical distancing</th>
<th>Face covering</th>
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</thead>
<tbody>
<tr>
<td>Regularly wash your hands with soap and water</td>
<td>Stand at least 2 metres from others</td>
<td>Face masks must be worn at all times on campus, indoors and outdoors</td>
</tr>
<tr>
<td>Cough or sneeze into your elbow or into a tissue</td>
<td>Where indicated, only sit on seats marked with a green label</td>
<td>Wash hands before and after handling mask</td>
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<tr>
<td>Use a single-use tissue and throw it away</td>
<td>Do not move furniture</td>
<td>Put on or remove mask by holding the elastic straps only</td>
</tr>
<tr>
<td>Greet others without shaking hands or any physical contact</td>
<td>Maximum duration of a face mask is 4 hours</td>
<td>When the mask is not in use, it can be:</td>
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</tbody>
</table>

- either hung on an isolated hook.
- placed on a clean piece of paper, outer side of the mask down (the paper must then be discarded).
- or folded into the sealable plastic bag provided in the kit.
How to get around the University?

**CORRIDORS**
- Direction: keep right of the corridor
- Give way to people already engaged in the corridor before leaving a room
- One way entry/exit system operating in classrooms and amphitheatres
- Pay attention to floor markers every other metre when standing in a queue

**ROOMS**
- Strictly observe the sign indicating maximum number of people allowed in one classroom
- Leave doors open (except fire doors and toilet facilities)
- Open windows as much as possible to let fresh air in

**LIFTS**
- Take the stairs instead whenever possible
- Give way to disabled people (and carer), and to those going to more than 3 floors up
- Only one person per lift, except carer for disabled person

**BREAKS**
- Take breaks outside whenever possible
- Observe physical distancing
- Wash hands before and after breaks

**SHARED EQUIPMENT**
- Follow instructions given by University staff
- Wash your hands before and after use

How to dispose of masks, tissues, wipes, etc?
The 2 masks provided in this kit are washable and therefore reusable.
If you use disposable face masks, collection boxes are available at the reception of all buildings, at the IUT and the university library. Your masks will be recycled into T-shirts. All other waste (wipes, single-use tissues, etc.) must be disposed of in accordance with the sorting instructions:
- this waste must be thrown away in a dedicated, resistant plastic bag with a proper closure system.
- this bag must be carefully sealed and kept for 24 hours before being placed in the household waste bin bag.
- none of these products should be thrown away in the yellow bin (recyclable packaging waste), in the compost or anywhere else, even if you are not sick.
- do not flush wipes down the toilet as this may block general sewage system.
What to do if you are sick?

You must stay at home and immediately call a doctor to schedule an appointment. Alternatively, dial the emergency phone number 15, depending on your condition. Please call your student office too. **What is a symptom?** Temperature greater than or equal to 38°C, fever and/or cough, difficulty in breathing, speaking or swallowing, loss of taste and smell. You are asked to watch for any symptoms and to take your temperature before coming to the University.

**Testing – Informing - Protecting**

I first get tested if I suspect I may have COVID-19 or if I have been identified as a contact person at risk. This way, I allow the laboratories to focus on priority individuals;

I communicate the list of the people I have had close contact with in my household to my doctor.

I prepare a list of all my other recent close contacts. If I am tested positive, I will be contacted by phone by the Health Insurance and will send them this list. This way, I am helping to slow down the spread of the virus;

I am protecting others by isolating myself for 7 days, and by testing myself if I am at risk.

**Self-swabbing test distribution at the University**

In order to detect positive cases as soon as possible and break the chains of contamination, **self-swabbing tests are available to all students** at the reception desks of all main buildings of the university.

*Find all the information on univ-larochelle.fr (La Rochelle University > News > Distribution of self-tests at the University)*

**In case of non-compliance with the rules**

You have to comply to the Health and Safety rules detailed in this document and to the instructions given by the University staff.

Should you fail to abide by these rules, you could be **immediately forbidden physical access to the University campus**, in accordance with article R. 712-8 of the Education Law, and could **be sanctioned by a long-term exclusion from the University**, in accordance with article R. 712-7 and R. 811-11 and following from the French Education Law.

Are you a student with psychological, financial or any other difficulty? We are here to help you to succeed in your studies, in a secure and safe environment. Please contact our social and medical centre, **Service de santé universitaire (SDSU)**.

**SDSU (service de santé universitaire)**

phone: 05 46 45 84 46
email: sdsu@univ-lr.fr

**For any question about COVID-19:**

Go to the FAQ page in our News section on our website univ-larochelle.fr

If you cannot find the answer to your question, contact us at covid2019@univ-lr.fr