

Lyon, September 26, 2022

Principal's Office

**Subject: COVID\_19 - reminder of protective measures**

## **Be vigilant**

The risk of a rise in COVID cases requires everyone to be particularly vigilant.

**To keep on working, when the virus circulating, depends entirely on compliance with the following principles:**

- **Wearing a mask** is one of the most effective individual measures to limit the risk of COVID-19 transmission and protect vulnerable people. Individual and collective vigilance is essential to protect each other from the virus.
  - It is recommended that you wear a mask when you are in places where compliance with protective measures is limited, as well as in enclosed places that are poorly ventilated.
  - It is also recommended for frail people (the elderly or immunocompromised people ...) to wear a face covering, or if you are in the presence of the elderly, immunocompromised or chronically ill people, if you have symptoms, and for up to 7 days, if you are a contact case or when you come out of isolation.
- Remembering to ventilate premises regularly (10 minutes every hour);
- Respecting hygiene measures (regular hand washing, sneezing into your elbow...);
- Preventing risks of handborne contamination (regular cleaning of objects and common points of contact)



## 1. Actions to be taken

### I have tested positive for Covid-19, what should I do?

I need to isolate as soon as I experience the first symptoms of Covid-19

**MINISTÈRE DES SOLIDARITÉS ET DE LA SANTÉ**  
Liberté  
Égalité  
Fraternité

**LES RÈGLES D'ISOLEMENT**

**Je suis complètement vacciné ou j'ai moins de 12 ans\***

**Je ne suis pas vacciné ou pas complètement**

**JE SUIS POSITIF**

**JE M'ISOLE PENDANT 7 JOURS**  
Je peux réduire mon isolement à **5 jours** si j'ai un test antigénique ou RT-PCR négatif **ET** si je n'ai plus de symptômes depuis 48h.

**JE M'ISOLE PENDANT 10 JOURS**  
Je peux réduire mon isolement à **7 jours** si j'ai un test antigénique ou RT-PCR négatif **ET** si je n'ai plus de symptômes depuis 48h.

**JE SUIS CAS CONTACT**

**PAS D'ISOLEMENT**  
Mais j'applique strictement les gestes barrières.  
Je réalise un test antigénique ou RT-PCR ou un autotest 2 jours après avoir appris que j'ai été en contact avec une personne testée positive.  
Si l'un de mes tests est positif, je deviens un cas et je m'isole.\*\*

21/03/2022

\* Pour les enfants de moins de 3 ans, se référer au protocole spécifique des Établissements d'Accueil du Jeune Enfant.  
\*\* Si mon autotest ou mon test antigénique est positif, je dois confirmer le résultat par un test RT-PCR.

Compliance with protective measures (wearing a mask and other protective hygiene measures) must be respected for a further 7 days as soon as the person, who tested positive to COVID-19, stops isolating.

### I'm a contact case

Since March 21 2022, in accordance with the High Council of Public Health (HCSP) dating from February 11 2022, **contact cases, regardless of their vaccination status, will no longer be required to isolate.**

Nevertheless, they must always:

- Strictly respect [protective measures](#), including wearing a mask indoors and outdoors in contact with other people;
- Limit their contact, especially with fragile people;
- Avoid contact with people at risk of a severe form of the virus;



- Work from home whenever possible.

In addition, **contact cases must take a test (TAG, RT-PCR or self-test) on Day 2 starting from when they were notified as being a contact case.**

A positive antigen test or self-test result must be confirmed by an RT-PCR test.

When waiting for confirmation of the test result, the person is considered a positive case and must start isolating.

## 1. Vaccination

Up-to-date vaccination against COVID-19 is recommended, including the second booster dose for vulnerable individuals.

## 2. Distribution of Self-tests at ENS de Lyon

Self-tests will be distributed at specific times:

- **MONOD** site: MGN1 Sud 232 office (from reception > take the elevator > 2nd floor SOUTH > you will find the booth just opposite): Monday and Friday mornings, from 10am to 12pm.
- **DESCARTES** site: office D2007: Tuesday and Thursday mornings from 10am to 12pm.
- **BUISSON** site at Reception: Wednesday mornings from 10am to 12pm.

Distribution outside hours is possible on request at [materielcovid@ens-lyon.fr](mailto:materielcovid@ens-lyon.fr)

## 3. Specific HR measures

- For vulnerable persons: the special leave of absence system (known as ASA, in French) on the basis of a medical certificate will be maintained until January 31, 2023.
- The law putting an end to the exceptional regimes created to fight against the Covid-19 Epidemic was published on July 31, 2022, after its full validation by the Constitutional Council, it also stated that the special leave of absence requiring a medical certificate (ASA) will no longer be necessary for staff who can't work from home and who need to look after a child.

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