

September 2021

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:

Hygiene



Regularly wash your hands with soap and water



Cough or sneeze into **your elbow or into a tissue**

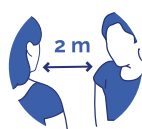


Use a **single-use tissue** and throw it away



Greet others **without shaking hands or any physical contact**

Physical distancing



Stand at least **2 metres from others**



Where indicated, only sit on seats marked with a **green label**



Do not move furniture

Face covering



Face masks must be worn at all times on campus, indoors and outdoors



Wash hands before and after handling mask



Put on or remove mask by holding **the elastic straps only**



Maximum duration of a face mask is **4 hours**



When the mask is not in use, it can be:

- > 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.

In this Health kit, you will find:



This explanatory document



2 reusable face masks (machine washable at 40°C with standard detergent) washable 50 times, can be tumble dried



1 bottle of sanitizer (can be refilled at the reception of all university's buildings and at your student office)



1 individual sealable plastic bag to fold up your used mask before washing it; fold it without external/internal contact

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

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

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

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.



If I am tested positive, the isolation period is **10 days** and I inform all my contacts. I can also enter my test result into the **#AllAntiCOVID** app.

For more protection against COVID-19, **download the app**.

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**