

Your doctor has mentioned or confirmed a **covid-19** infection and your medical care does not require an hospitalisation to date.

For a safe homecare, please use



I call the regional platform at (+33) (0)1.83.62.31.31 (7 days a week from 8am to 10pm), or I send an email to support.patient@terr-esante.fr

Or **Odyssee** : 07 63 44 28 52 or 01 30 94 03 68 (7 days a week from 8am to 8pm)

Or I send an email to parcoursplusco@association-odyssee.fr

Your patient record will be created.

I forward my data to my General Practitioner

I connect to the application via my computer or my smartphone www.terr-esante.fr/patients

- or by downloading it via the usual Application Stores
- Or by using the above QR Codes.

I write down my monitoring criteria.

The healthcare team in charge of your remote monitoring will analyse your responses and contact you if necessary.

This is not an alarm system if your health worsens, call the 15



For at least 14 days from the first day of symptom onwards:



YOU MUST STAY AT HOME

- Do not go to work (your doctor must provide a medical certificate)
- Do not go to public places
- Avoid shopping by yourself as much as you can
- Do not go to public places surrounded by fragile people (hospitals, maternity wards, retirement home, etc.)
- If you must go out, please wear a surgical mask



APPLY THE FOLLOWING HEALTH AND SAFETY MEASURES

- Wear a surgical mask when in contact with your relatives
- You must wear the mask; there is no interest in those around you in the same home wearing one
- Wash your hands regularly (or use a hydroalcoholic solution), ideally every hour
- Do not come into contact with fragile people (pregnant women, the chronically ill, the elderly, etc.)
- Air your home regularly

For every question Coronavirus related:

Gouvernement.fr/info-coronavirus

0 800 130 000 (free of charge)

If your health worsens, call the 15

Take your temperature

- Reserve your thermometer for your own use only and follow the manufacturer's instructions for use.
- If taken by ear, make sure there is no earwax plug so that the device is in contact with your eardrum; possibly check in the other ear.

Take your heart rate/pulse:

- Stretch your wrist - the inner side (with the blood vessels) facing you.
- With your index and middle fingers, press on the blood vessels.
- For 30 seconds, count the pulsations, then multiply by two to obtain the reference figure.
- At rest, the range for an adult is between 50 and 100 pulsations.













Take your breathing rate

- Put your hand on your chest at rest
- Breathe calmly
- For one minute count the number of uplifts in your chest = respiratory rate



Questions to be answered daily

-  Your temperature |__| °C
-  Do you shiver? Yes No
(feeling cold accompanied by tremors)
-  Can you smell?
-  Did you have a stroke in the last 24 hours? Yes No
-  Do you have any digestive disorders?
(lose of appetite, diarrhea, vomiting)
-  How do you rate your cough? |__| 0 à 4
(0 no cough, 4 disabling cough)
-  How do you rate your breathing discomfort? |__| 0 à 4
(0 normal breathing, 4 maximum discomfort)
-  Your heart rate |__| pulsation per minute
-  Your breathing rate |__| inspirations per minute
-  Are you able to continue to follow and respect the lockdown measures? Yes No

Medical follow-up: the conditions to organize this follow-up and its frequency are decided by your doctor during the initial medical consultation. This follow-up can be done face-to-face, via online consultation, or by phone. **Be particularly vigilant at the end of the first week: do not hesitate to call him.**

Your doctor can prescribe a remote follow-up by a nurse to accompany you.

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