

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](mailto:support.patient@terr-esante.fr)

Or **Odyssee** : 06 14 61 38 83 or 01 30 94 03 68 (7 days a week from 8am to 8pm)

Or I send an email to [parcoursplusco@association-odyssee.fr](mailto: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](http://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](http://Gouvernement.fr/info-coronavirus)

0 800 130 000 (free of charge)

**If your health worsens, call the 15**



Disponible sur  
App Store



DISPONIBLE SUR  
Google play

**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
- Your heart rate |\_\_| pulsation per minute
- Your breathing rate |\_\_| inspirations per minute
- Do you shiver? Yes No  
(feeling cold accompanied by tremors)
- Did you have a stroke in the last 24 hours? Yes No
- 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)
- Are you able to continue to follow and respect the lockdown measures? Yes No

**Medical follow-up:** the conditions to organise 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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