

CONGRESS MARCH 2022

WHAT TO DO IN CASE OF SYMPTOMS THAT SUGGEST A COVID INFECTION

• SYMPTOMS THAT SUGGEST A COVID INFECTION

- Fever or feeling feverish (chills)
- Cough
- A cold
- Fatigue
- Muscle pain
- Head ache
- Sore throat
- Sudden loss of smell without nasal obstruction
- Sudden loss of taste
- Skin lesions: pseudo frostbite of the extremities, particularly the fingers (sudden, persistent, painful redness) or transient urticarial lesions
- Digestive disorders (diarrhoea, abdominal pain, etc.)
- Neurological manifestations (confusion, agitation, consciousness disorders, stroke, encephalitis etc.)
- Thrombo-embolic disorders (phlebitis, pulmonary embolism)

SEVERE SYMPTOMS

- Respiratory problems
- Breathlessness
- Feeling suffocated
- Feeling faint with the sensation of losing consciousness

WHEN YOU ARE IN THE BUILDINGS OF THE COUNCIL OF EUROPE

1. **Wear a Mask**
2. **Go to your office if you have one or stay where you are**
3. Call or have someone call **3300 from a fixed line and not from your mobile**
4. Wait for instructions and assistance from the Council of Europe fire safety officers, who will notify the Council of Europe Medical Service.
5. Inform :
 - Your delegation secretary
 - Ms Imogen Hattenville (03 90 21 41 58)
or Ms Delphine Weissaupt (03 88 41 31 94)

who will inform the Medical Service of the Council of Europe

OUTSIDE COUNCIL OF EUROPE BUILDINGS

DO NOT COME TO THE COUNCIL OF EUROPE

1. **Isolate yourself immediately:** in your hotel room or other accommodation
2. **Please contact as soon as possible:**

☎ **SOS Médecin** (emergency doctor) (24 hours a day): **Tel 3625 or 03 88 75 75 75**

☎ **SAMU** (emergency service) if signs of severity: **Tel 15 or 112**
(114 for the deaf or hard of hearing)

Prepare the following information before calling:

- Telephone number where you can be contacted
- Identity
- Exact address of where you are
- Reason for calling.

You will be taken care of and will take a Covid test

3. Notify or have notified the following people:

- Your Delegation Secretary
- Ms Imogen Hattenville (03 90 21 41 58)
or Ms Delphine Weissaupt (03 88 41 31 94)
who will inform the Council of Europe's Medical Service

Whilst awaiting the results of the test STAY IN ISOLATION