

## Medical recommendations

As part of the prevention of infectious respiratory diseases, in particular Covid-19, influenza, whooping cough, which are on the rise, members of the Congress of Local Authorities and participants in the session are advised to adopt the following good habits:

### 1. Universal rules for the prevention of infectious diseases :

- Regular hand hygiene: washing with soap and water for 30 seconds or rubbing with hydroalcoholic gel as often as possible.
- Barrier measures: avoid touching your face, especially your nose, mouth and eyes, systematically cover your nose and mouth when coughing or sneezing into your elbow and use single-use tissues.
- Ventilation of enclosed/unventilated spaces

### 2. If you have symptoms (cold, sore throat, cough, fever, abnormal fatigue, unusual headaches or digestive signs) suggesting a possible Covid-19 or other respiratory infection:

- Before the session of the Congress of Local Authorities, it is recommended to :
  - Wear a surgical mask or FFP2 ;
  - be tested for the presence of Covid-19 (by an antigenic test or RT-PCR, self-tests are not recommended because they are not sufficiently reliable) and/or flu (or other) and/or consult a doctor to clarify the diagnosis, if necessary:
    - . in the event of confirmed Covid-19 or other respiratory infection: if possible, cancel your participation or, if not, wear an FFP2 mask at all times for at least 7 days from the onset of symptoms and until they disappear, do not share meals or snacks, avoid as much as possible contact with vulnerable people and inform people with whom you have been in contact during the contagious period (within 48 hours of the onset of symptoms).
    - . if the Covid-19 test and/or flu (or other) is negative: wear a surgical mask or FFP2 for the duration of the symptoms, avoid sharing meals or snacks if possible, and avoid contact with vulnerable people as far as possible.
- During the session of the Congress of Local Authorities, in the event of the appearance of symptoms suggestive of a possible Covid-19 or other respiratory infection, it is recommended to :
  - Wear immediately an FFP2 mask;
  - be tested for Covid-19 (by an antigenic test or RT-PCR, self-tests not being recommended because they are not reliable enough) and/or flu (or other) and/or consult a doctor to clarify the diagnosis, if necessary. Antigen tests and a consultation with a doctor can be carried out at the medical service of the Palais de l'Europe of the Council of Europe.
    - . if the Covid-19 test and/or flu (or other) proves positive, cancel your participation if possible or, if not, wear an FFP2 mask at all times for 7 days from the onset of symptoms and until they disappear, do not share meals or snacks, avoid contact as far as possible with vulnerable people, inform people with whom you have been in contact during the contagious period (within 48 hours of the onset of symptoms).
    - . if the Covid-19 test and/or flu (or other) is negative, wear a surgical mask or FFP2 for the duration of the symptoms, avoid sharing meals or snacks if possible, and avoid contact with vulnerable people as far as possible.

### 3. If you are a case contact :

It is recommended that a surgical mask or FFP2 be worn for 7 days after contact.

If the slightest symptom appears, wear a FFP2 mask, have yourself tested against Covid-19 and/or influenza (or other) (by an antigenic or RT-PCR test - self-tests are not recommended), and avoid contact with vulnerable people.