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How is COVID-19 coronavirus spread?

The COVID-19 infection is transmitted by people carrying the virus. The disease can be spread from person to person through respiratory droplets expelled from the nose or mouth when a person coughs or sneezes.

COVID-19 can also be contracted by inhaling droplets from a sick person who has just coughed or sneezed. This is why it is important to keep a distance of more than two meters from a sick person and to respect basic hygiene measures. Droplets can persist for some time on objects or surfaces around the person in question. An infection with COVID-19 can occur if you touch these objects or surfaces and then touch your eyes, nose or mouth.

Is COVID-19 transmissible during sexual intercourse?

COVID-19 is not a sexually transmitted disease. However, the virus being present in the respiratory secretions and being able to be transmitted by direct contact of person to person, sexual intercourse is favorable to a transmission of the virus, if one of the partners is infected.

Can pets transmit COVID-19?

At this time, there is no evidence that pets such as dogs or cats can infect others with the new coronavirus.

However, following the infection of several cats (particularly in the United States), cat owners are advised to keep them indoors as much as possible and to avoid contact with people who do not live in the same household.

Dog owners are also advised to subject their dogs to the same rules of social distancing as humans when outside their home.

According to the World Health Organization, the predominant route of transmission remains human-to-human.

Because animals and humans can sometimes share diseases, people with COVID-19 should avoid close contact with their pets. Whenever possible, leave them with family and friends for the duration of the illness.

PROTECTION

How should I behave in order to be as little exposed as possible?

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Even though the government began implementing a gradual deconfinement since 20 April, this does not mean that there is no longer a risk of contamination with the virus. Indeed, as long as there is no effective treatment or vaccine, we will have to learn to live with the virus. This is why you must continue to limit your outings, respect barrier gestures and wear a mask whenever it is not possible to keep a distance of two metres from people who do not live with you under the same roof.

The gradual deconfinement is based on three principles:

- responsibility of everyone,
- solidarity towards others and vulnerable people in particular,
- discipline, which consists of rigorously following the barrier gestures.

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54 68 65 61 6C 6C 6F 63 61 74 69 6F 6E 69 73 63 61 72 72 69 65 64 6F 75 74 62 79 74 68 65 6D 75 6E 69 63 69 70 61 6C 69 74 69 65 73 2E

48 61 6E 64 6D 61 64 65 63 6C 6F 74 68 6D 61 73 68 73 2C 73 63 61 72 76 65 73 6F 72 62 61 6E 64 61 6E 61 73 6D 61 79 6F 6E 74 68 65 6F 74 68 65 72 68 61 6E 64 62 65 77 6F 72 6E 6D 6F 72 65
6F 66 74 65 6E 2C 61 73 6C 6F 6E 67 61 73 74 68 65 79 61 72 65 77 61 73 68 65 64 61 74 36 30 64 65 67 72 65 65 73 65 76 65 72 79 64 61 79 61 66 74 65 72 75 73 65 2E
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Yes, all cross-border workers working in the Grand Duchy can benefit from a batch of 50 disposable surgical masks.

The army has set up twelve distribution sites for surgical masks across the country for cross-border workers. The sites will remain open daily until 24 May 2020.

All cross-border workers receive a letter with a voucher to collect their surgical masks at a site of their choice within two weeks after receipt of the letter. In order to avoid an excessive influx on the same date, the sending of the letters has been spread over 5 days.

Are gloves effective in protecting yourself against coronavirus?

In everyday activities, washing your hands regularly protects better against coronavirus than wearing gloves. This is because gloves do not limit surface-to-surface transmission of the virus. Thus, if you touch coronavirus-contaminated surfaces or objects with your gloves on, the virus will contaminate your gloves and then contaminate surfaces and personal items (keys, phone, bag or wallet, etc.) when handling them.

The hydro-alcoholic solution does not disinfect gloves effectively. In addition, you shouldn't underestimate the risk of transferring the virus to your hands when taking off your gloves.

Overall, there are many disadvantages to wearing gloves:

- It gives a false sense of security and reduces the vigilance necessary for barrier gestures, which remains essential.
- It may increase coronavirus contamination.
- It has a negative impact on the environment as the majority of single-use gloves are neither recyclable nor biodegradable. .

Under what conditions is it useful to wear gloves? .

Single-use gloves should only be worn by healthcare professionals when providing care that requires physical, skin-to-skin contact with people who are potentially infected (with coronavirus or other infectious agents). Wearing gloves in the healthcare sector is indispensable for regular and correct hand hygiene.

Other than in the context of providing health care to a person with an infectious disease, the use of gloves is not recommended.

Single-use gloves are not intended for use in everyday activities.

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I've recovered from COVID-19, am I immune?
This question is being studied, but so far there is no evidence that people who have recovered from the new coronavirus are immune and protected from a second infection. Therefore, the World Health Organization believes that issuing "immune passports" to people who have antibodies may provide a false sense of security and thus contribute to the spread of the pandemic.

Once you have recovered from the disease, be sure to apply barrier gestures and continue to protect yourself and others.

Who is considered vulnerable
Protection of the vulnerable population .

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Does the new coronavirus pose a threat to pregnant women or fetuses?
According to what is currently known, the COVID-19 does not seem to pose a particular threat to pregnant women. Pregnant women are therefore not subject to additional protective measures other than those normally recommended in the context of their pregnancy.

To this day, the coronavirus has not been associated with fetal anomalies or a heightened risk of a premature birth.

Source: ECDC: https://www.ecdc.europa.eu/en/novel-coronavirus-china/questions-answers

Source: CDC: https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnant-women-and-children.html

What to do in case of anxiety?
The current crisis can be particularly worrying for people. Fear and anxiety can sometimes be overwhelming, especially in cases of social isolation.

- Choose reliable sources of information such as the government website gouvernement.lu and limit the amount of time you consume online media (check these media 1-2 times a day).
- Be aware of your anxiety. Observe when you feel anxious and try to understand why. Focus on the here and now, don't brood over uncertainties.
- Stay close to your usual routine.
- Talk to calm people.
- If you feel that your anxiety is becoming more and more pervasive, you can call the **Hotline 8002 8080**. .

www.covid19-psy.lu

Coping with stress
How to avoid fake news contamination?
Since the beginning of the crisis, the coronavirus has been accompanied by another curse with sometimes fatal effects: fake news on social networks. Thus, in March, several hundred people died in Iran after ingesting methanol, believing that they could protect themselves against COVID-19. The consumption of volcanic ash, cocaine or bleach are other examples of false recommendations that endanger those who believe in them.

To make the distinction, trust only established sources of information and do not take medication without consulting your doctor.

For more information, please visit these sites:

https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters

https://www.consilium.europa.eu/en/policies/covid-19-coronavirus-outbreak/fighting-disinformation/

https://ec.europa.eu/info/live-work-travel-eu/health/coronavirus-response/fighting-disinformation_en

SYMPTOMS AND SCREENING

What are the symptoms?

Symptoms vary from moderate to severe respiratory infection, accompanied by fever, coughing, breathing difficulties and fatigue. ·

Loss of sense of smell (anosmia) and/or taste, as well as skin rashes, are other symptoms of the disease. ·

· Seniors and people with pre-existing chronic illnesses are more vulnerable and at risk of complications.

The incubation period, the time between contamination and the appearance of the first symptoms of COVID-19 infection, is maximum 14 days.

How do I know if I have COVID-19 or hay fever?
The pollen season has begun, causing allergies that affect between fifteen and twenty percent of the population. Symptoms can be similar to those caused by a COVID-19 infection, especially for people with allergies who experience asthma and respiratory disorders.

A person with chronic asthma is usually very familiar with the symptoms of his disease and can easily differentiate these symptoms from those of a COVID-19 infection. Asthma attacks are usually not accompanied by fever, although it occurs in 80 per cent of cases of COVID-19. Respiratory disorders from asthma occur in time-limited asthmatic attacks and are marked by fairly typical wheezing. Respiratory troubles caused by COVID-19 are progressive and permanent over the day and are accompanied by dry coughing.

www.pollen.lu

What if I have a health problem?

- In case of an **emergency**, always call 112!
- Consult your doctor by phone or through teleconsultation (eConsult).
- Go to the hospital emergency departments when you have a serious health problem.
- Outside the opening hours on weekdays (from 8 p.m. to 12 a.m.) and on weekends and public holidays (from 8 a.m. to 12 a.m.), you can visit one of the three medical centres in the country. To make an appointment, call the following telephone number: 20 33 31 12.

The medical centres in Luxembourg, Esch-Alzette and Ettelbruck will only receive patients who do not show symptoms of COVID-19. You will be asked to come alone and wearing a mask.

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How does teleconsultation work?
Teleconsultation is a form of medical practice like any other. It allows a physician, dentist or midwife to give a remote consultation using information and communication technologies.

To better understand how teleconsultation works, do not hesitate to view these explanatory videos:

- The first provides general information and information on how to register on the teleconsultation platform (Tutorial eConsult).
- The second explains how to make a medical appointment (Tutorial eConsult).
- The third is about the teleconsultation process (Tutorial eConsult).

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44 75 72 69 6E 67 77 65 65 6B 65 6E 64 73 2C 79 6F 75 63 61 6E 67 6F 74 6F 74 68 65 43 65 6E 74 72 65 68 6F 73 70 69 74 61 6C 69 65 72 64 65 4C 75 78 65 6D 62 6F 75 72 67 28 43 48 4C 29 66 6F 72
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surgical mask at the workplace. Any staff member who becomes symptomatic is immediately removed from the workplace and tested.

- Any person hospitalised for residing in a housing facility for vulnerable people, before the isolation is lifted.
- Any person who died in a hospital or care facility, whose clinical picture is compatible with COVID-19, without etiological diagnosis, or post-mortem sampling.

This test is also used as part of the cluster test of the sector whose activity will be resumed/halved resumed as part of deconfinement and as part of the large-scale testing projects to be implemented by the government at the end of May.

The purpose of this test is to look for genetic material of the virus. Specifically, a swab is taken from the nose (nasopharyngeal) or mouth (oropharyngeal).

If you need to be tested, remember to present your medical prescription to the testing laboratory. You do not need a prescription if you go to one of the Advanced care centres (Centre de soins avancés - CSA). In both cases, you will need to present your social security card and an identity document.

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1. Serological tests

Serological tests can help answer the question "Did I have a COVID-19-infection?".

These tests can detect antibodies caused by a previous infection, thus confirming the appearance of acquired immunity (IgA, IgG) at the end of the infection, and make a retroactive diagnosis. They are not useful for the diagnosis of the acute infection.

Since antibody production is not detectable in symptomatic patients until the second week after the onset of symptoms, serological tests are not recommended for the early diagnosis of a COVID-19 infection in the first week after the onset of symptoms.

The serological test carried out by some private laboratories is done by taking a blood sample. It is not reimbursed by the CNS.

It is also used as part of the CON-VINCE research project, a prevalence study whereby it is combined with the PCR diagnostic test.

Caution: According to the data currently available, a positive serological test result does not indicate that the person is immune or that he or she can no longer be contagious.

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How can I participate in the large-scale testing?

You will be invited by mail to get tested. In this letter, you will find information regarding the procedure, the link to the website www.covidtesting.lu and the password which will enable you to make an appointment online.

You can then go on a voluntary basis to one of the 17 test stations to perform a PCR test by throat swab. This will help determine whether or not you are affected with COVID-19.

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49 6E 64 69 76 69 64 75 61 6C 73  28 72 65 73 69 64 65 6E 74 73  61 6E 64  63 72 6F 73 73 2D 62 6F 72 64 65 72  77 6F 72 68 65 72 73 29  69 6E 76 69 74 65 64  74 6F  70 61 72 74 69 63 69 70 61 74 65  69 6E
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41 73  61  67 65 6E 65 72 61 6C  72 75 6C 65 2C  69 66  79 6F 75  68 61 76 65  73 79 6D 70 74 6F 6D 73  6F 66  61  72 65 73 70 69 72 61 74 6F 72 79  69 6E 66 65 63 74 69 6F 6E  6F 72  69 66  79 6F 75
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41 72 65  74 68 65  74 65 73 74 73  78 6F 6C 75 6E 74 61 72 79 3F
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57 68 65 72 65  64 6F  49  68 61 76 65  74 6F  67 6F  74 6F  66 69 6E 64  6F 75 74  69 66  49  68 61 76 65  43 6F 72 6F 6E 61 79 69 72 75 73 3F
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20 49 6E  63 61 73 65  6F 66  61 6E  65 6D 65 72 67 65 6E 63 79 2C  61 6C 77 61 79 73  63 61 6C 6C  31 31 32 21
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20 47 6F  74 6F  74 68 65  68 6F 73 70 69 74 61 6C  65 6D 65 72 67 65 6E 63 79  64 65 70 61 72 74 6D 65 6E 74 73  77 68 65 6E  79 6F 75  68 61 76 65  61  73 65 72 69 6F 75 73  68 65 61 6C 74 68
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49 6E  6E 65 64 65 64 2C  63 6F 6E 74 61 63 74  79 6F 75 72  70 68 79 73 69 63 69 61 6E  76 69 61  74 65 6C 65 78 68 6F 6E 65  6F 72  62 79  74 65 6C 65 63 63 6F 6E 73 75 6C 74 61 74 69 6F 6E
65 43 6F 6E 73 75 6C 74 2E  44 6F  6E 6F 74  67 6F  74 6F  61  70 68 79 73 69 63 69 61 6E 27 73  6F 66 66 69 63 65 2E
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59 65 73 2C  61 6E 79  70 65 72 73 6F 6E  77 68 6F  69 73  61 66 69 6C 69 61 74 65 64  74 6F  74 68 65  4C 75 78 65 6D 62 6F 75 72 67  73 6F 63 69 61 6C  73 65 63 75 72 69 74 79  73 79 73 74 65 6D
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57 68 61 74  73 68 6F 75 6C 64  49  64 6F  69 66  6D 79  74 65 73 74  69 73  70 6F 73 69 74 69 76 65 3F
54 68 65  48 65 61 6C 74 68  44 69 72 65 63 74 6F 72 61 74 65  69 6E 66 6F 72 6D 73  74 68 65  61 75 74 68 6F 72 69 74 69 65 73  69 6E  74 68 65  62 6F 72 64 65 72  63 6F 75 6E 74 72 69 65 73  74 68 61 74
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41 75 7A 79 73 74 32 30 31 38 6F 6E 74 68 65 63 6F 6D 70 75 6C 73 6F 72 79 64 65 6C 61 72 61 74 69 6F 6E 6F 66 63 65 72 74 61 69 6E 64 69 73 65 61 73 65 73 2E 41 74 74 68 65
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41 74 74 68 69 73 73 74 61 67 65 2C 74 68 65 72 65 69 73 6E 6F 76 61 63 63 69 6E 65 79 65 74 2E 52 65 73 65 61 72 63 68 69 73 6F 6E 67 6F 69 6E 67 2E

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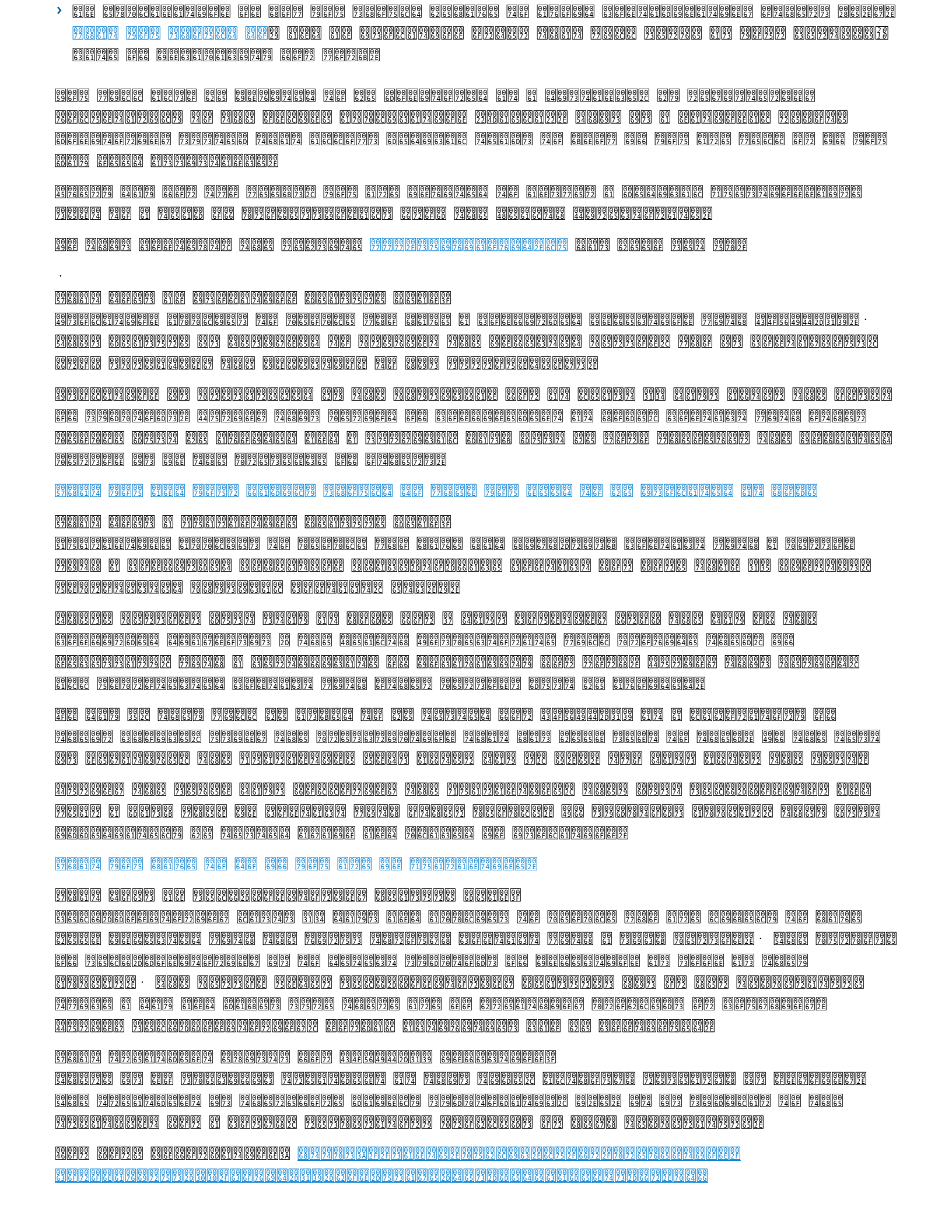

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measures to limit the spread of the virus in the population and to protect those at risk. It has also become necessary to adapt the organisation of the health care system in order to cope with an increase in the number of people infected with the virus. The proposed measures take into account the pathogenic and contagious nature of the COVID-19 virus. In this context, the respect of appropriate distance rules in interpersonal relations is one of the most effective measures to limit the spread of the virus.

The situation also changed at the international level. As of 11 March, the World Health Organisation (WHO) has qualified the COVID-19 as a global pandemic. Moreover, the European Centre for Disease Prevention and Control (ECDC) published an updated risk assessment on March 12, underlining the 'necessity of an immediate targeted action' in order to dampen the impact of the pandemic. According to this appreciation, the risk of severe complications for elderly people and people with a chronic condition is high.

On 13 March, the Government has declared the state of crisis of the national territory.

Can I still visit elderly people in a care facility?

Confinement measures in accommodation facilities for the elderly have been adapted to allow residents and their families to meet again.

The decision to allow these visits is taken by the manager of the facility.

If allowed, these visits will take place by appointment, in strict compliance with hygiene rules, in a specific room made available or, if the weather and the situation of the facility allow it, outside.

Interested parties should inquire directly with the facility to see if and under what conditions visits can take place.

Ministerium für Familie, Integration und die Großregion

Reprise des visites dans les structures pour personnes âgées dans le cadre du déconfinement progressif. Recommandations pour la prévention des infections à SARS-CoV-2 (FR)

Recommandations CIPA · (FR)

Which protective measures are taken in hospital structures?

As of 4 May, hospitals are very gradually resuming their medical, surgical and care activities, based on the priority need of patients. Ambulatory activities are subject to strict rules (staggering of patients to avoid crowded waiting rooms, strict compliance with time schedules, etc.).

The hospitals have, until 3 May, deployed their staff mainly to emergency and acute activities. In order to reduce the risk of the virus circulating in hospitals, medical, surgical and care activities which were not short-term indispensable were cancelled.

Can I visit my relatives in the hospital?

- If you want to visit a relative who has been admitted to a hospital **for an other reason than a COVID-19 infection**, please be advised that a maximum of 2 visits per day are allowed, each for a maximum of one hour.

Every hospital has set up a compulsory screening at the hospital entrance. Wearing your mask and hand disinfection are also compulsory. A system of

appointments has been put into place in order to avoid simultaneous visits in rooms with two beds.

- Visits for patients who have been admitted due to a **(suspected or confirmed) COVID-19 infection** remain suspended, except under exceptional circumstances which need to be supported by medical advice, i.e. end of life situations or significant psychological distress, ·.

Visitors belonging to the category of vulnerable persons will not be able to go to the hospital for a visit, unless a duly motivated authorisation is given by their doctor.

Finally, the hospital may suspend visits in epidemiological circumstances so dictate.

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Are our hospitals and health services prepared to accommodate a large number of patients?

Our hospitals remain prepared, as the scheme implemented at the beginning of the crisis is still active.

What activities are allowed after the 3rd phase of deconfinement?

Since 29 May, restaurants, cafes, bars and venues for sports or cultural events such as theatres, cultural centres, concert halls, cinemas and places of worship are once again open to the public.

Gatherings of up to twenty people are permitted outside as well as inside. However, it is strongly recommended to rigorously respect the protective measures.

You can organise or participate in public events with more than twenty people indoors or outdoors (cultural or sports events, congresses, etc.), provided that the following rules apply:

- People are seated in seats that have been designated for them,
- Either they are two meters apart or they are wearing the mask.

Wearing a mask is compulsory for the people supervising the event and those circulating on the premises.

Compliance with these measures is also essential to enable restaurants, cafes, bars, consumer lounges · (F) and company canteens to function. In the space between the tables side by side does not allow a distance of at least 1.5 metres, they must be separated by a device such as a screen.

The number of seats is limited to ten per table, unless the guests belong to the same household. Once seated, guests may remove their masks, which they must put back on in order to move around or leave the establishment. Staff members who are in contact with clients must keep their masks on throughout their service.

All restaurants, bars and cafes close at midnight.

The requirement of assigned seating is not applicable for demonstrations (exercise of the right to demonstrate) or for outdoor funeral ceremonies. Religious, cultural and sports actors are not bound by this requirement during the exercise of their activities.

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CORONAVIRUS COVID-19

RESUMPTION OF MEDICAL ACTIVITIES FROM 4 MAY

DOCTOR'S CONSULTATION ARE AGAIN POSSIBLE FOR ALL HEALTH PROBLEMS!

If possible, use teleconsultation rather than personal consultation.

Follow the protective measures put in place by your doctor.

SCHEDULE AN APPOINTMENT:

Please always make an appointment by telephone.

Telephone screening for COVID-19 symptoms.

Doctor's decision:
- Practice consultation
- Teleconsultation
- Advanced care centre
- Emergency room

AT YOUR DOCTOR'S

See the doctor alone. Only if necessary, one single person may accompany you.

At the entrance: disinfect your hands and put on the mask provided for you.

Show up at the scheduled time to avoid meeting other patients.

Keep a distance of two meters in the waiting room.

GENERAL INFORMATION:
www.gouvernement.lu/coronavirus

Version 1.2

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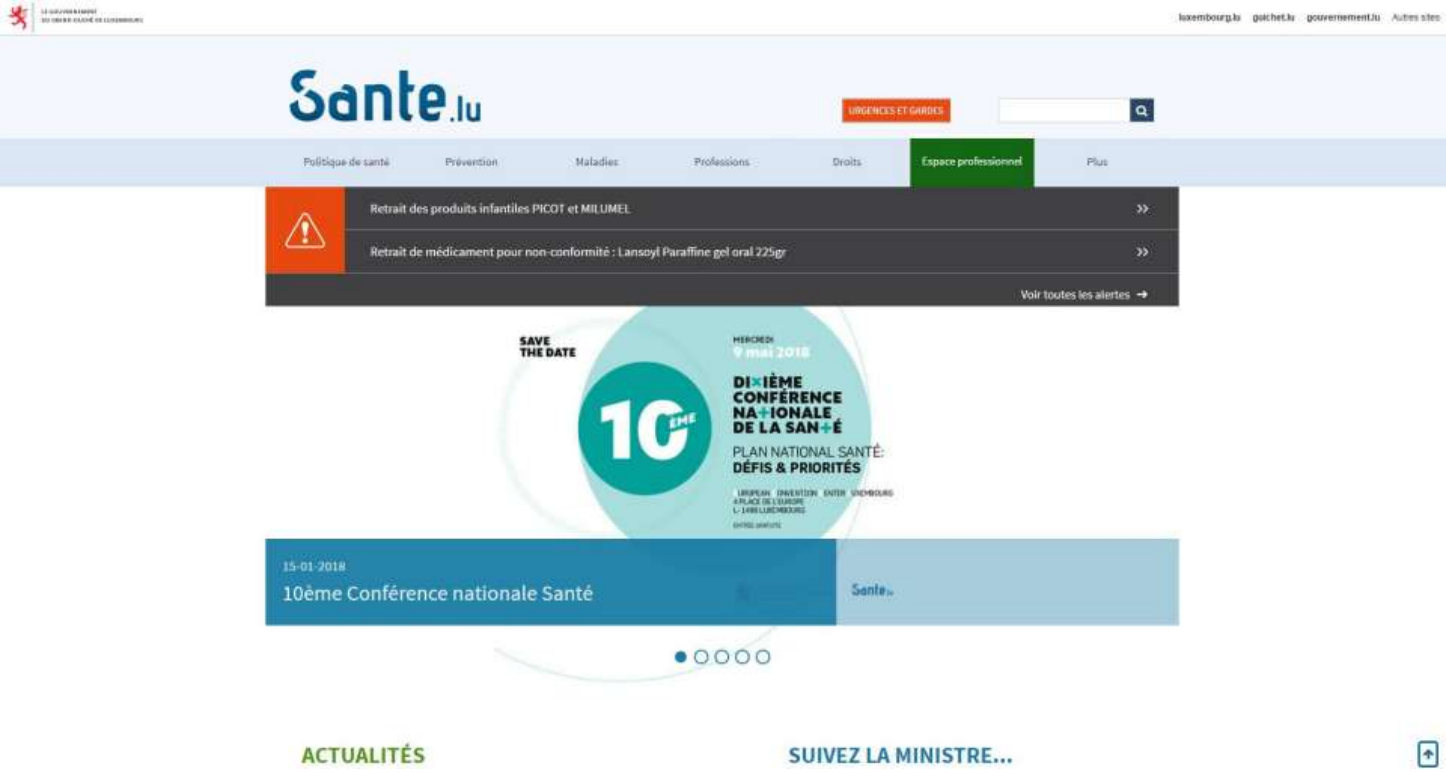

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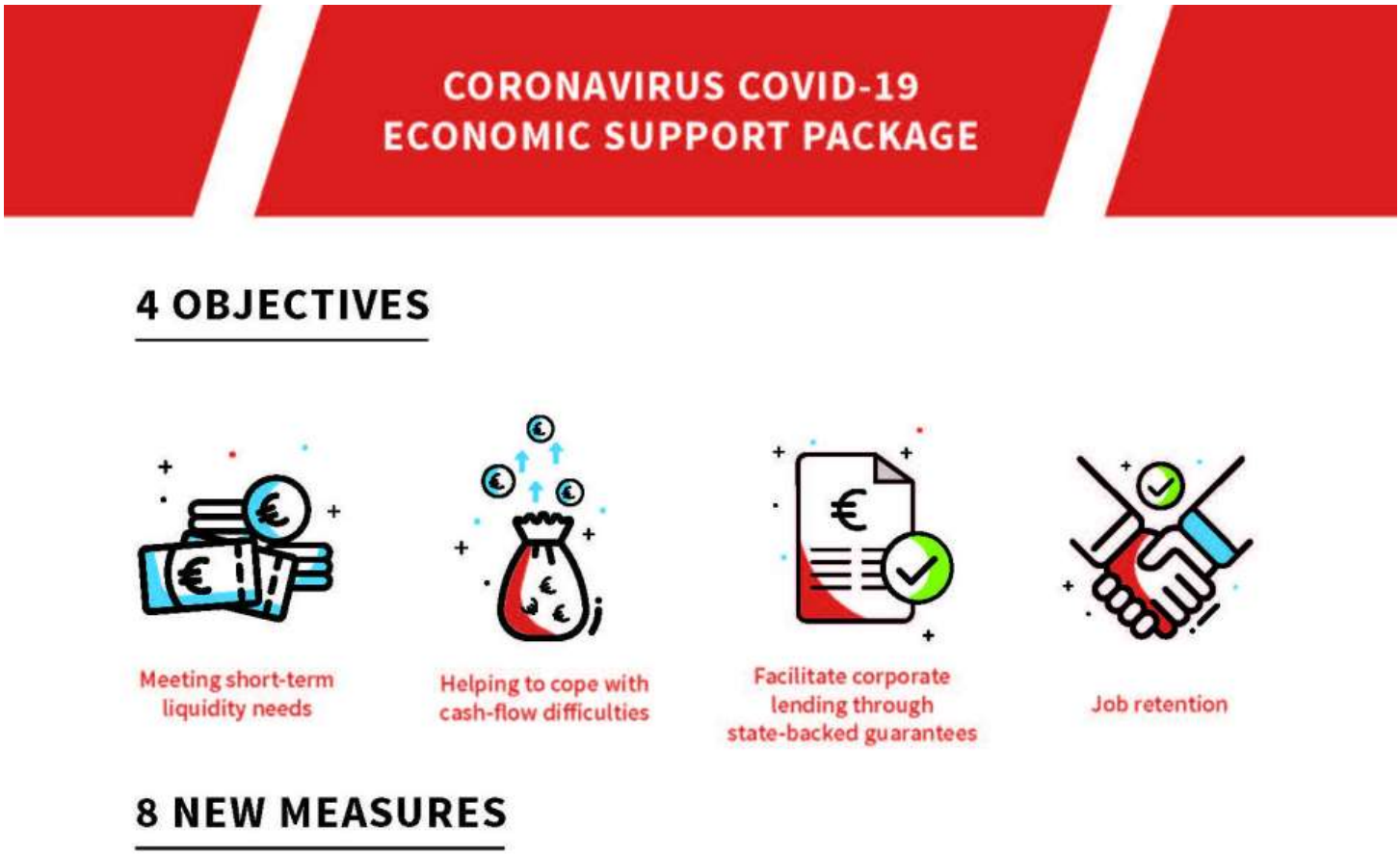

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