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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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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 the 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.

Individuals are considered vulnerable if they are over 65 years of age or if they are already suffering from one of the conditions mentioned hereafter. Those conditions are:

- Diabetes
- Cardiovascular diseases
- Chronic diseases of the respiratory tract
- Cancer
- An immune deficiency due to a condition or therapy
- Morbid obesity (body mass index > 40 kg/m2)

Who are the vulnerable children?

COVID-19 infections in children are very different from that in adults, with children being mostly asymptomatic. Severe forms of COVID-19 in children remain uncommon.

Based on currently available data, children with chronic conditions in the following categories can be considered potentially vulnerable:

- Certain chronic diseases of the respiratory tract;
- Certain heart diseases;
- Certain forms of immune deficiency due to a condition or therapy.

If in doubt, do not hesitate to contact your paediatrician.

You can also consult the CSMI's recommendations on this subject.

I am a vulnerable person, what should I do?
Stay at home and respect the barrier gestures.

If you absolutely have to go out, observe the following recommendations:

- Go shopping outside of peak hours, if possible;
- If possible, do your grocery shopping online, for example on the sales platform corona.letzshop.lu, which has been set up especially for vulnerable persons;
- Avoid places where it is not possible to keep a security distance of at least 2 metres;
- Avoid public transport.

If you need to exercise an economic activity, contact your physician by teleconsultation. In this way, you will be able to clarify whether you can continue your economic activity. Your employer has to grant you a maximum of protection at your workplace, e.g. by enabling you to stay away from your colleagues as much as possible. (Information and recommendations for Businesses)

Is the new coronavirus dangerous for children?
COVID-19 infection most often progresses without severity in children. In Europe and the United States, deaths caused by COVID-19 among children remain the exception, and in these cases, the children were mostly suffering from a pre-existing condition, exposing them to an increased risk.

However, it cannot be ruled out that a child may have a severe form of COVID-19 or that a complication of the disease may occur. In case of doubt, medical advice will help to establish the diagnosis and to determine the course of treatment. Kawasaki disease, as well as other complications exceptionally described in COVID-19 children, are known to paediatricians and can be treated in Luxembourg.

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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.

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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 30 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 11.

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*).
- The fourth explains what happens after teleconsultation (and in particular the electronic sending of documents) (*Tutorial eConsult*).

How can I see my regular doctor?

The medicalised teleconsultation is well established, do not hesitate to privilege this mode of remote consultation. Your physician will then be able to quickly assess whether it is better for you to go to his practice or to be reoriented towards another form of care. This is because activities carried

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This test is also used as part of the cluster test of the sectors whose activity will be resumed/have resumed as part of deconfinement and as part of the large-scale testing project 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.

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 where 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.

How can I participate in the large-scale tests?

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 PCR test by throat swab. This will help determine whether or not you are affected with COVID-19.

After the test you will be informed about the result by text message. If the result is positive, you will obtain all the necessary information on the isolation measure and you will be monitored by the National Health Directorate.

Individuals (residents and cross-border workers) invited to participate in the large-scale testing are selected on the basis of them belonging to a representative group of the population. Therefore, you do not need to contact the health authorities yourself to apply for participation in the large-scale testing as long as you have not received an invitation.

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Après le test, le médecin vous prescrira un traitement adapté à votre cas. Il vous conseillera sur les mesures à prendre pour limiter la propagation du virus et vous informera des signes d'alerte nécessitant une consultation urgente. Il est essentiel de suivre ses recommandations et de rester informé des mises à jour concernant la maladie. Le médecin peut également vous orienter vers des ressources supplémentaires pour vous accompagner dans votre rétablissement et gérer les éventuelles conséquences sanitaires.

Pour obtenir des informations supplémentaires ou signaler un cas suspect, vous pouvez contacter la ligne d'urgence du ministère de la Santé publique et de la Population au 247 655 33. Cette ligne est disponible pour répondre à toutes vos questions et fournir des conseils supplémentaires concernant la maladie et les mesures à prendre.

Hélpline Santé

Conclusion

- Conclusion
- Conclusion
- Conclusion
- Conclusion
- Conclusion

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Résumé Mémoire de fin d'études

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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AGENCE eSanté LUXEMBOURG

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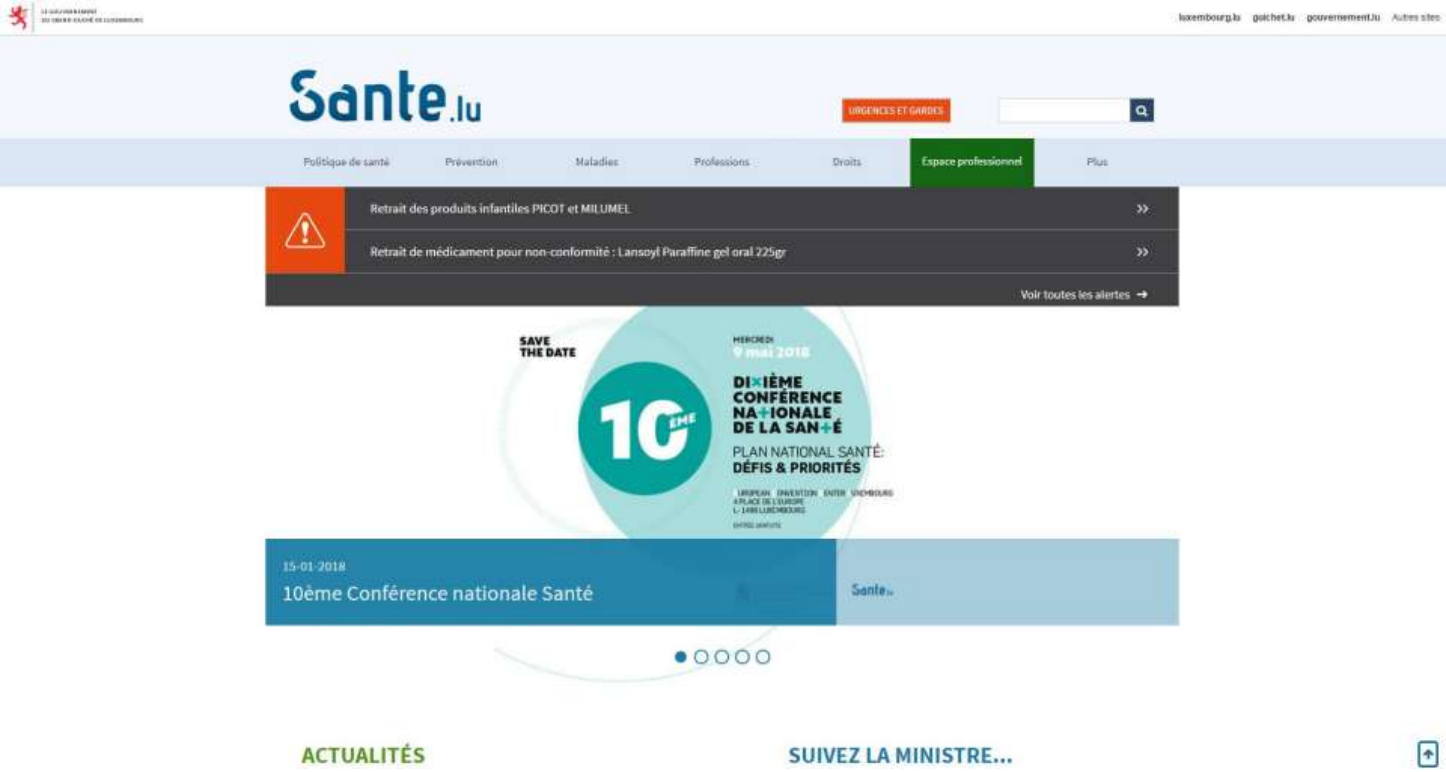

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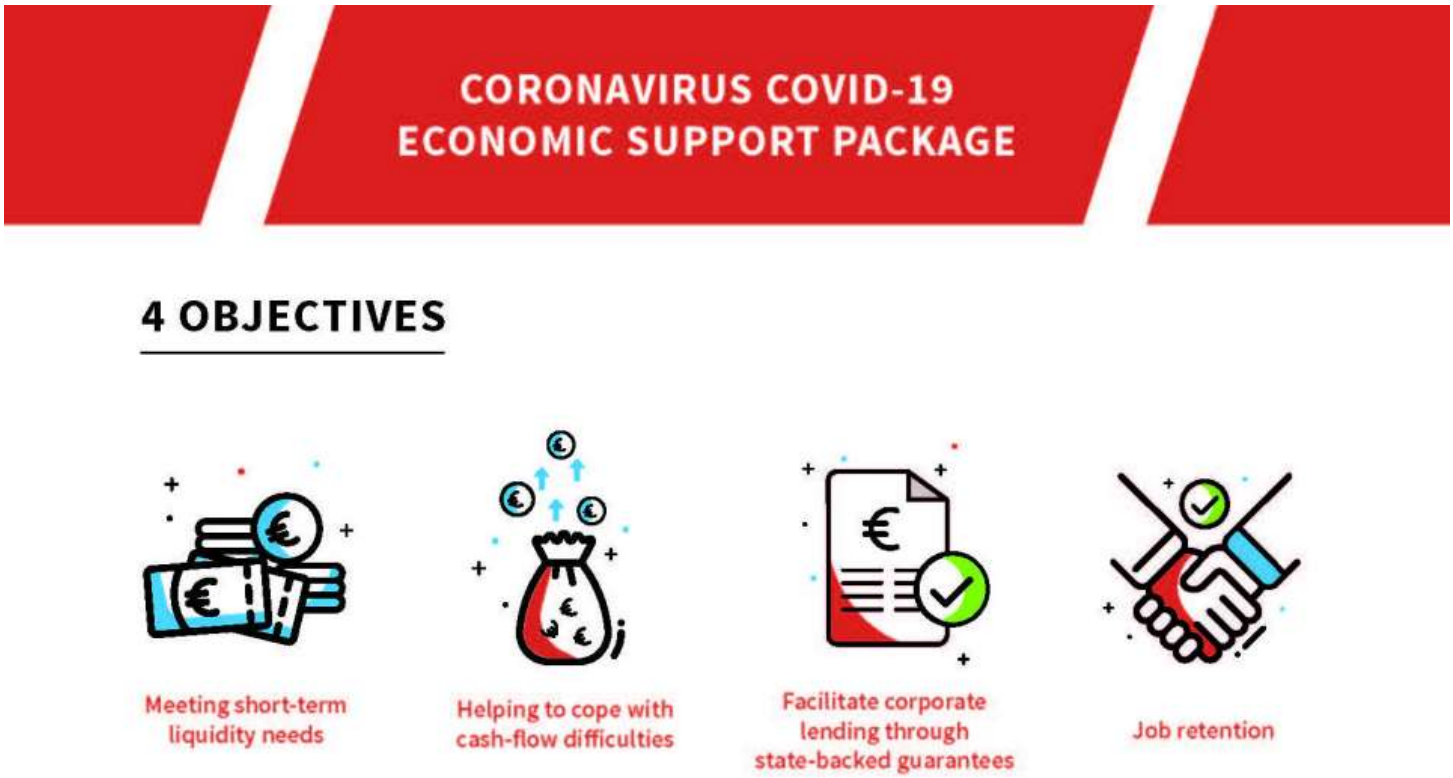

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News

- Official communications on the Coronavirus in Luxembourg - french

Publications

- Manual - NotWithoutMyMask (Pdf - 530 Kb)
- How to Handwash? (Pdf - 143 Kb)
- When to wash your hands - French
- What is phase 2 of deconfinement? (Pdf - 306 Kb)
- Phase 3 of deconfinement (Pdf - 3.96 Mb)
- Coping with stress (Pdf - 55 Kb)

Multimedia

- Media Centre

Related procedures

- Research Luxembourg - Covid-19 Task Force
- LISER (Luxembourg Institute of Socio-Economic Research) - Economic effects of Covid-19 in Luxembourg

Further information

- Portail santé
- Open Data - Données COVID-19
- Centre européen de prévention et de contrôle des maladies (ECDC)
- Organisation mondiale de la Santé (OMS)
- EU Commission information on coronavirus

Organisation(s)

- Health directorate
- High Commission for National Protection
- Ministry of Health
- Ministry of Labour, Employment and the Social and Solidarity Economy

Topics

- Health / Well-being

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