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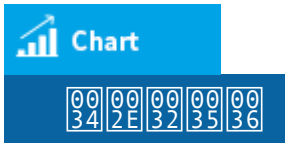
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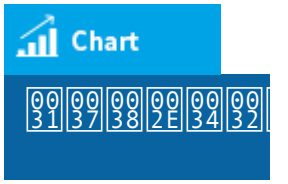
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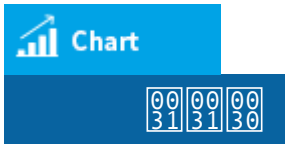
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Chart

11 Hospitalizations (COVID-19 and suspected cases)

- Standard care: **9**
- Intensive care: **2****
- Hospital departures: **954****

(***including certain short-term stays)

1,370 Reproduction rate Rt_eff

- Reproduction rate (Rt): · **0,993**

Source: COVID-19 research Taskforce

Next update: **30.06.2020 between 17:30 - 18:00**

On weekends and public holidays the update is limited to the following three figures:

- People tested positive for COVID-19
- Persons tested since the beginning of the crisis
- Deaths

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THE CORONAVIRUS

Definition

Coronaviruses (CoV) are a large family of viruses that cause symptoms ranging from the common cold to more serious illnesses, i.e. the Middle East Respiratory Syndrome (MERS) and Severe Acute Respiratory Syndrome (SARS). The new coronavirus (nCoV) is a new strain of coronavirus that had not yet been identified in humans.

COVID-19 is the infectious disease caused by the latest discovered coronavirus (SARS-CoV-2). This new virus and disease were unknown before the outbreak in Wuhan, China, in December 2019.

COVID-19 infection remains mild in 80% of cases. In order to delay spreading among the general population and to protect vulnerable and fragile groups in the population, it is important to take a certain number of precautions.

What is a pandemic?

There is no universally applicable definition. However, it can be said that a pandemic is the increase and sustained propagation of an extraordinary number of infectious human diseases that rapidly affects all parts of the world and a large part of the global population.

On 11 March, the World Health Organization (WHO) has declared the COVID-19 epidemic to be a global pandemic.

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 metres 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 from person to person, sexual intercourse is favourable 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), cats 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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What should I do to protect myself and to avoid being contaminated?

The same precautions should be taken as for any other respiratory infection.

1. Most importantly: wash your hands regularly and properly.
2. Do you cough or sneeze? Do it in a tissue or in the crease of the elbow. Throw the tissue in a bin with a lid.
3. Avoid shaking hands or kissing.
4. Avoid close contact with sick people (keep a distance of at least 2 meters).
5. Avoid touching your face with your hands as much as possible.
6. Limit your movements to the necessary.
7. The mask is complementary to preventive measures.

Precautionary measures

When to wear a mask?

It is compulsory to cover your nose and mouth with a mask, scarf or bandana on public transport and for activities that are open to the public (shops, counters, recycling centres, fairs and exhibitions, markets). Cultural, sports and leisure activities cannot accommodate the public in the conditions of wearing a mask and/or distancing are not respected.

Wearing a mask is also compulsory for gatherings of more than 20 people during which the distance of two meters cannot be respected.

In some sectors, these provisions may even be more restrictive.

Who doesn't need to wear the mask?

Children under 6 years of age are not obliged to wear a mask. Outside, children under the age of 13 are exempt from wearing a mask.

Persons with special needs, who, because of their disability, cannot wear a mask, do not fall under this obligation, provided that they put other sanitary measures in place to prevent the spread of the virus. A medical certificate will attest to the impossibility of wearing the mask.

Public transport drivers do not need to wear the mask when the distance between them and the users is sufficient or when they are separated by a panel.

When an activity cannot be performed because of the mask (e.g. facial care), other sanitary measures must be put in place to avoid contagion. Thus, the professional may wear a visor in combination with the mask or wear an FFP2 mask when taking care of the client.

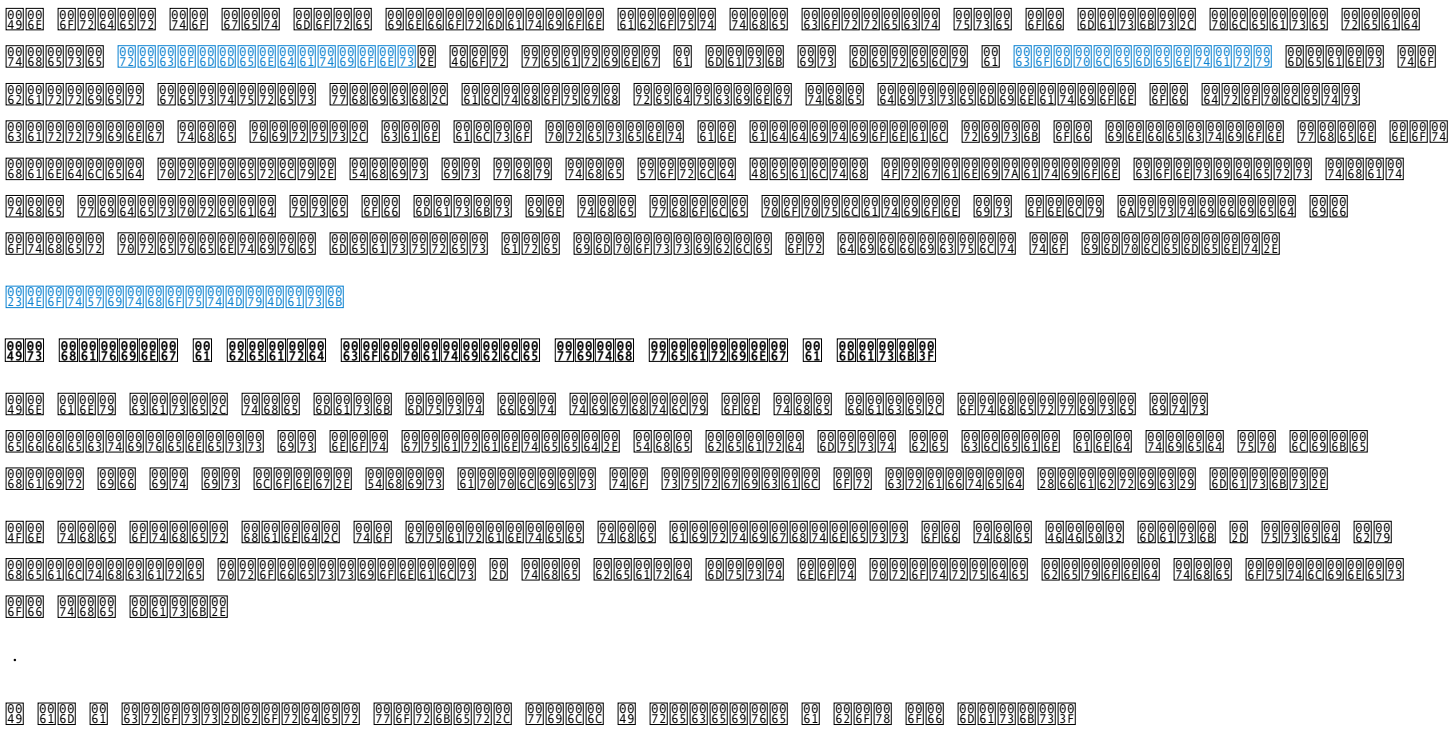
Can plastic visors replace masks?

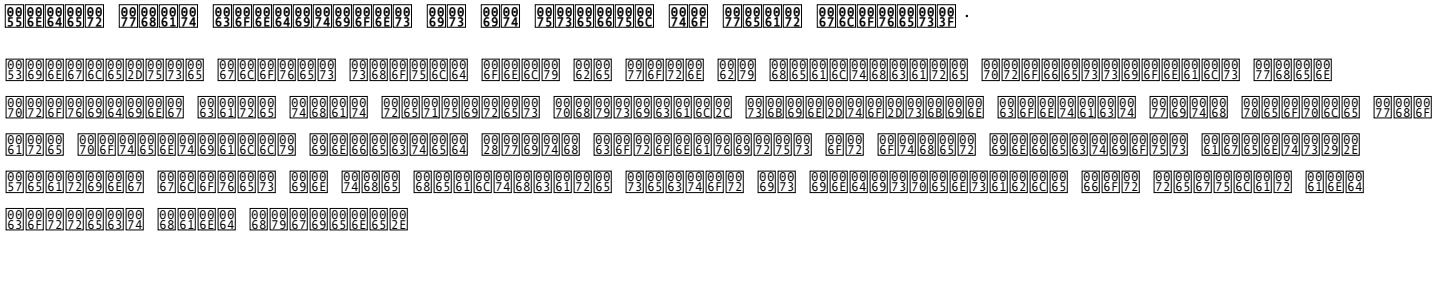
No, plastic visors are used to protect the eyes, but not the nose or mouth. Therefore, a visor alone cannot provide efficient protection against coronavirus.

How to handle masks?

Disposable masks distributed to residents and cross-border workers cannot be washed and have to be disposed of in a waste bin after having worn them for a maximum of 8 hours. The production and expiry dates marked on the boxes are printed according to the international format: year/month/day.

Handmade cloth masks, scarves or bandanas may on the other hand be worn more often, as long as they are washed at 60 degrees every day after use.





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;
- 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

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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.pollens.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 31.

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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This test allows to answer the question: "Am I contagious?"

The Health Directorate recommends this test for the following situations:

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- Any patient with symptoms suggesting a COVID-19 infection;
- Any healthcare professional who has had close contact (less than 2 metres, for at least 15 minutes) without adequate personal protective equipment with a person confirmed COVID-19 positive. Taking into account the average incubation period of 5-6 days and the fact that the infected person begins to be contagious 1-2 days before the onset of symptoms, testing is recommended between the 4th and 5th day after contact. As a precaution, the person potentially infected through unprotected contact must always wear a surgical mask at the workplace. Any staff member who becomes symptomatic is immediately removed from workplace and tested.
- Any person hospitalised or 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, on post-mortem samples.

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.

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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 tests carried out by some private laboratories are 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.

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Can I have my children tested in Luxembourg?

Yes, if they are insured in the name of the cross-border worker.

Can I have another person in my household tested in Luxembourg (my husband/spouse/partner?

No, unless if he/she in turn is insured in Luxembourg.

Can I get tested in Luxembourg with a prescription from a French, Belgian or German physician?

Yes, under the principle of recognition of prescriptions within the EU.

What should I do if my test is positive?

The Health Directorate informs the authorities in the border countries that one of their nationals has been tested positive so that follow-up can be ensured in the country of residence. The regulations of the country of residence apply.

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What is the purpose of a thoracic scanner in case of suspicion of COVID-19?

From Monday, 30 March, Luxembourg set up four containers equipped with thoracic scanners to carry out a diagnosis at the emergency services. This is a device for patients with severe respiratory disorders, as COVID-19 can rapidly cause fatal bilateral pneumonia if not promptly managed in intensive care.

A thoracic CT scan can show signs indicating a COVID-19 infection and, if necessary, confirm a suspicion of lung damage, without having to wait for the PCR test result.

Recommendation of the "Conseil scientifique"

Can my family doctor prescribe a laboratory test to identify COVID-19?

A laboratory test carried out on medical prescription can identify the · infection. · Your personal physician is in the best position to assess the value of the test in your case.

If needed, contact your physician via telephone or by teleconsultation eConsult. Do not go to a physician's office.

If I am suspected of being infected with COVID-19 and a test was executed, who receives the result of the test?

The test result is sent to the physician who requested the test, through a secure channel, who communicates it to the patient without delay. The result is also sent to the Health Inspectorate, in application of the law of 1 August 2018 on the compulsory declaration of certain diseases. At the patient’s request, the result can also be passed on to his/her physician.

Can a blood test detect the presence of the virus?

No. Only a test on respiratory secretions is currently available to detect the presence of the new coronavirus.

Is there a vaccine against COVID-19?

At this stage, there is no vaccine yet. Research is ongoing.

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Why has the government decided to limit or forbid certain activities, visits, events and others?

Taking into account the evolution of the coronavirus (COVID-19) in our neighbouring countries and on the national territory, it is necessary to take additional 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 Organization (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 publication, the risk of severe complications for elderly people and people with a chronic condition is high.

For more information:

http://legilux.lu/eli/etat/leg/loi/2020/06/24/a524/jo · (FR)

http://legilux.lu/eli/etat/leg/loi/2020/06/24/a525/jo · (FR)

Can I still visit elderly people in a care facility?

Family visits, access by health professionals and professionals providing personal care as well as residents' outings from residential facilities for the elderly are no longer subject to restrictions, provided that the "Temporary health recommendations of the Health Directorate for Individuals in the context of the COVID-19 health crisis" (Recommandations sanitaires temporaires de la Direction de la santé à l'attention des personnes physiques dans le cadre de la crise sanitaire liée au Covid-19) are respected.

Managers of residential facilities for the elderly are responsible for ensuring safety in their establishments and, in this context, ensure that the health recommendations issued by the Health Directorate are complied with.

For information on the conduct of visits and outings, interested parties should contact the structure directly.

Ministry of Family Affairs, Integration and the Greater Region

Temporary health recommendations by the Health Directorate for individuals in the context of the COVID-19 health crisis (Recommandations sanitaires temporaires de la Direction de la santé à l'attention des personnes physiques dans le cadre de la crise sanitaire liée au Covid-19) (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 needs 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 visitors 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 for 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.

Which activities are prohibited?

Nightclubs cannot reopen their doors, as wearing a mask and distancing rules cannot be respected.

Indoor fairs and exhibitions are not allowed.

Which activities are allowed under the condition of wearing a mask or physi‐cal distancing?

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.

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

- People are seated in seats that have been designated for them,
- Either they are two metres apart or they are wearing their 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 and company canteens to function. In the space

Helpline Santé

Temporary health recommendations

General recommendations and specific recommendations for vulnerable persons (FR).

The exit

- The exit strategy
- The exit - Phase 1
- The exit - Phase 2
- The exit - Phase 3
- Temporary health recommendations (FR)
- Measures in place as of 25.06.2020
- Organisation of the healthcare system in Luxembourg during the deconfinement. (FR)

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Medical Teleconsultation

AGENCE eSanté LUXEMBOURG

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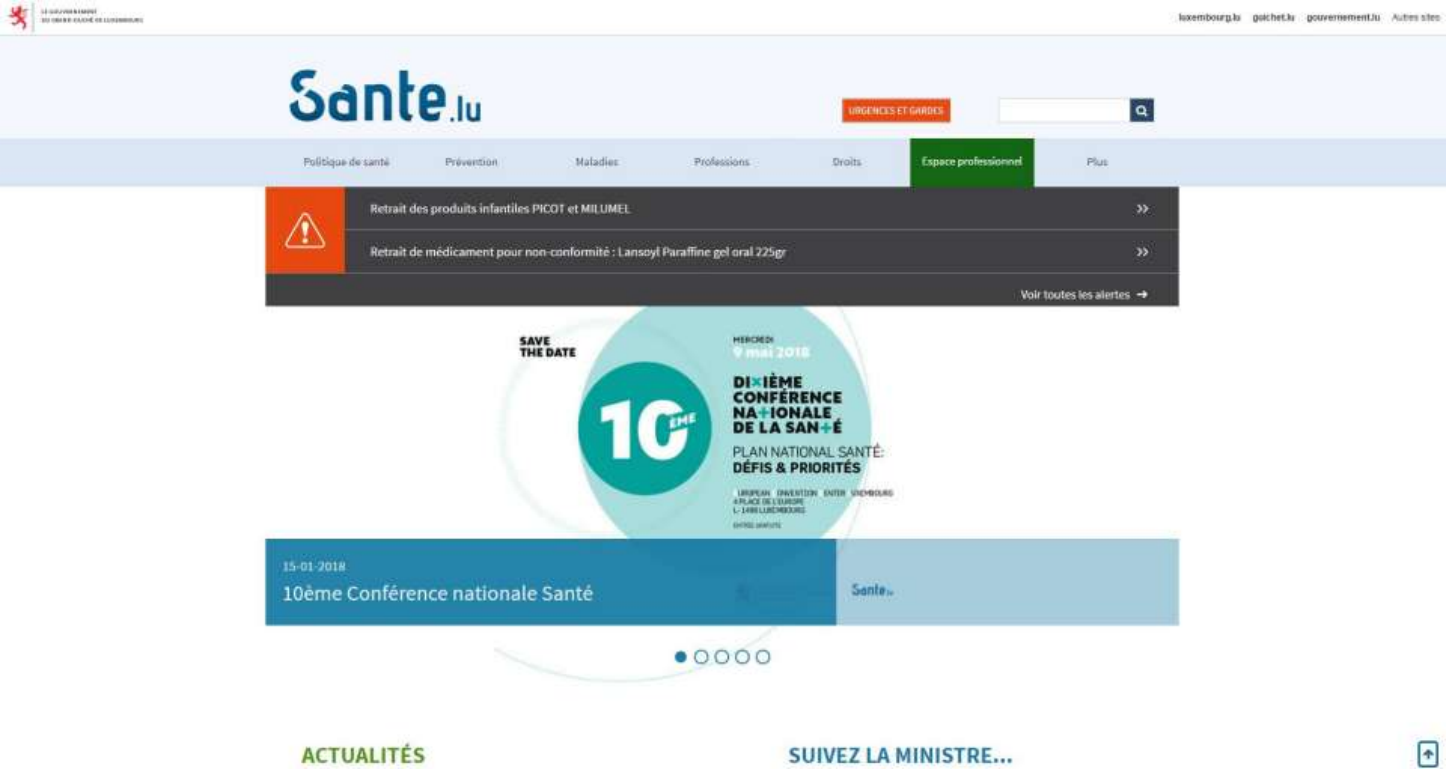

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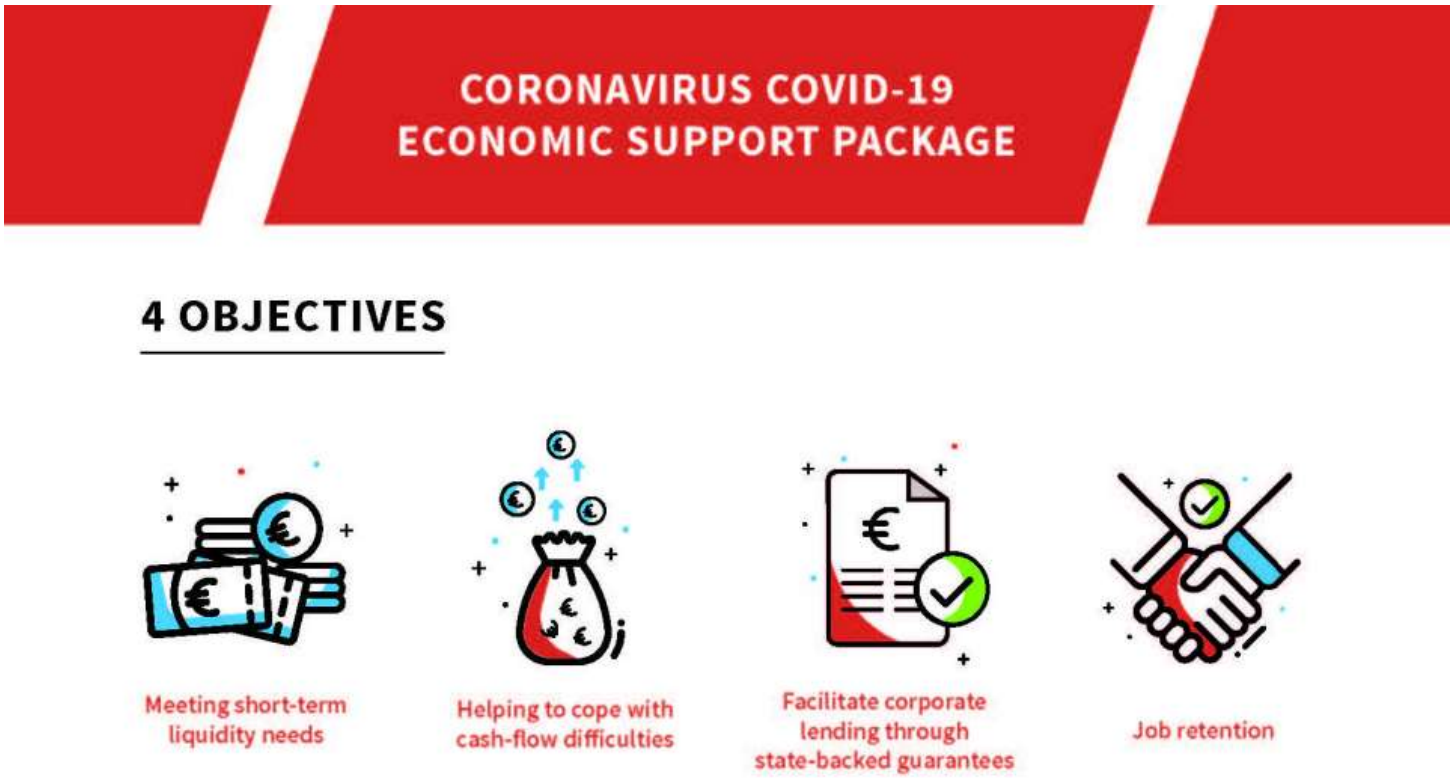

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