I AM IN GOOD HEALTH

- I have not had any contact with someone who has tested positive for Covid-19
- I comply with the safety precautions issued by the Federal Office for Public Health (OFSP), in particular:
  - I wash my hands regularly,
  - I keep a 2-meter distance from my interlocutors,
  - gatherings of over 5 persons are forbidden
- If I am considered to be at high risk, I stay at home as much as possible and I do not come into contact with ill persons
- If I live with or I am intimate with a person who has tested positive for Covid-19, I self-isolate* for 10 days.

II AM COUGHING AND/OR I HAVE A FEVER

- I am not at high risk
  - On my own initiative, I self-isolate at home* for at least 10 days. I can resume my normal life 48 hours after my symptoms have disappeared.

- I am at high risk or a health care provider
  - I must call 032 886 88 80 (see opening hours in the middle column). I will be given an appointment in one of the eight centres of the canton.

PEOPLE AT HIGH RISK

- People aged 65 and over
- People suffering from:
  - high blood pressure
  - diabetes
  - cardiovascular diseases
  - chronic respiratory diseases
  - an immune deficiency caused by a disease or treatment
  - cancer

COVID-19: USEFUL CONTACT NUMBERS

Hotline info Neuchâtel: 032 889 11 00
Hotline info Suisse: 058 463 00 00
Initial sorting by nurses: 032 886 88 80
from 8:00 AM to 5:30 PM on weekdays; from 9:30 AM to 5:30 PM on Saturdays; from 9:30 AM to 12:30 PM on Sundays.
Duty doctors: 0848 134 134
Paediatric hotline: 032 713 38 48
Vital emergencies: 144

To assess your level of risk: coronacheck.ch

* You can find the details concerning isolation or quarantine measures and additional useful information on the website of the Federal Office for Public Health (OFSP):
  - www.ofsp-coronavirus.ch
  - www.ne.ch/coronavirus

If the symptoms get worse, I must contact the initial sorting line: 032 886 88 80 (see opening hours in the middle column). I will be given an appointment in one of the eight centres of the canton.

If no symptoms appear, I can resume my normal life and comply with the safety precautions issued by the Federal Office for Public Health (OFSP), especially if I am considered to be at high risk.

This schema and the information in it apply to the canton of Neuchâtel (Switzerland).
Situation on 24 March 2020.

Source: ArcInfo