



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

I live with or I am intimate with a person who has tested positive for Covid-19



I **self-isolate*** for 10 days.



If I begin **to have symptoms** of the disease: I should refer to the right-hand part of this pamphlet "I am coughing and/or I have a fever".



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.



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:

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To assess your level of risk: [coronacheck.ch](https://www.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

This schema and the information in it apply to the canton of Neuchâtel (Switzerland).

Situation on 24 March 2020.



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.

To assess your level of risk: [coronacheck.ch](https://www.coronacheck.ch)



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.

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.



At the centre, it will be decided whether:

- I should be sent **to hospital**,
- I should **stay at home** and have a regular medical follow-up organised,
- my situation **requires testing**.