April 6th 2020

The quarantine is prolonged and physical/psychological consequences should not be overlooked, especially since the relatives of some of us have been affected.

I would like to remind you of some advice, repeated several times by our authorities, but useful for reposting. I am retransmitting documents that you have partly already received.

**Protections**

Wash your hands very regularly and use hydroalcoholic gel. Some pharmacies continue to supply them in small quantities (200-300 ml maximum). You must bring your bottle.

Single-use gloves - if you can get them - must be ... really single-use.

Maintain a social distance of at least 1 m.

Official discourse is rapidly changing regarding the wearing of masks.


[https://www.gouvernement.fr/info-coronavirus](https://www.gouvernement.fr/info-coronavirus)

Government hotline that answers your questions about the Coronavirus COVID-19 permanently, 24 hours a day and 7 days a week: 0 800 130 000.

The Ministry of Interior has just put in place a digital travel authorization:

[https://media.interieur.gouv.fr/deplacement-covid-19/](https://media.interieur.gouv.fr/deplacement-covid-19/)

**Social isolation - Psychological support**

The March issue of The Lancet published a meta-analysis from King’s College London on the negative effects of confinement: [https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8](https://www.thelancet.com/action/showPdf?pii=S0140-6736%2820%2930460-8)

- The CNRS has set up a toll-free number for agents in social isolation: 0800 10 50 56

- For CNRS staff: the CNRS has set up free and confidential psychological voice and video support with MGEN (Health mutual). It is not necessary to be a member.

  You must contact one of the referents below to make an appointment with a psychologist:

  **Human resources manager:** stephanie.mainard@dr11.cnrs.fr
  **Prevention doctor:** a.mp-tous@dr11.cnrs.fr
  **Social service assistant:** Sandrine.DEBSITE@dr11.cnrs.fr

- List of volunteer psychologists by department

Platforms for exchange

Stay in touch with your colleagues and loved ones (by phone, video, email, etc.). Different chat or voice / video platforms for exchange, private or public, exist.

Institutional platforms

- Chat
  Citadel (CNRS) https://join.citadel.team
  My Com (instant messaging section) https://ods.cnrs.fr/my_com.php

- Audio or video
  Tixeo https://aide.core-cloud.net/si/tixeo/SitePages/Accueil.aspx
  Rendez-vous (audio: 5 to 10 participants max simultaneously, video: 4 to 5 participants) https://rendez-vous.renater.fr
  RENAvisio https://renavisio.renater.fr/
  My Com https://aide.core-cloud.net/mycom/SitePages/Accueil.aspx

For more details, see email from CNRS DSI dated April, 2.

Private platforms

- Discord https://discordapp.com with an audio room to exchange latest news, practical advice, and support each other. The lab’s PFP service created a group from the start of the quarantine.

- Zoom.us https://zoom.us/ which works well with a high number of participants. Be careful however with the use of private data. See: https://www.nytimes.com/2020/03/30/technology/new-york-attorney-general-zoom-privacy.html?smid=nytcore-ios-share

Work on screen - Reminder

Prolonged screen work is a source of various disorders and pathologies, in particular TMS (Musculoskeletal Disorders).
Complete information on INSERM website : https://tinyurl.com/telt5m6
If you are in a situation of suspected or proven case of COVID 19, contact the laboratory management who will do the necessary with the various services (Medicine, HR, DGS, ...) of our supervisors.

Gabriel BUCHE, Safety Prevention Assistant.