

April 6<sup>th</sup> 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.

Here is what the CDC US recommends: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html>

<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/>

### 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>

- 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](mailto:stephanie.mainard@dr11.cnrs.fr)

Prevention doctor: [a.mp-tous@dr11.cnrs.fr](mailto:a.mp-tous@dr11.cnrs.fr)

Social service assistant: [Sandrine.DELSIGNORE@dr11.cnrs.fr](mailto:Sandrine.DELSIGNORE@dr11.cnrs.fr)

- List of volunteer psychologists by department

[http://ff2p.fr/fichiers\\_site/accueil/accueil.html](http://ff2p.fr/fichiers_site/accueil/accueil.html)

## 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](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.