

AMICALE INFO - SPECIAL

Carpe Diem !

Welcome to our new Amicale Info - Carpe Diem. The purpose of this newsletter is to keep you abreast of current issues regarding the Covid-19 pandemic and to help you better cope with this period of containment.

Carpe Diem will aim to keep you informed of government regulations, in France and elsewhere, on practical questions, such as the confinement rules to be respected but also on the entertainment available to you such as the opera in streaming , free access to download books , theater, virtual visit to museums, quizzes, online games, and s.o.

The **Amicale à l'Ecoute** directed by Lesley Joffick will regularly inform you of the services offered by the Amicale, the mairies of our villages and volunteers to answer questions such as: how to break the loneliness, make purchases of food or simply speak to someone

We will also try to give you advice for gardening, wine discovery, taking beautiful photos, painting, playing chess, .. Your contributions are welcome.

Carpe Diem will be published on a weekly basis and sent to you by e-mail or post if you wish (if La Poste continues to deliver) and visible on the AEPF website. Carpe Diem's idea was inspired by the International Womens 'Club whom we thank and with whom we will share some information.

In short, Carpe Diem is there to accompany and inform you during this period of confinement.

Current situation in France

We all know the confinement situation in France and the rules to be respected. For a real-time update or if you have any doubts, we invite you to look up the government website by clicking [HERE](#)

<https://www.gouvernement.fr/info-coronavirus>

At the time of this writing, it is important to note that you must now indicate the time of your departure from your home on the Attestation de Déplacement if you plan to do your daily jogging. You are allowed a bowl of oxygen for up to ONE hour. You will find this certificate on the website of the Ministry of the Interior [HERE](#)

<https://www.interieur.gouv.fr/Actualites/L-actu-du-Ministere/Attestation-de-deplacement-derogatoire-et-justificatif-de-deplacement-professionnel>

We provide you with an English translation of all the rules at the end of this newsletter.

Do not hesitate to share with us what is happening in your respective countries in Great Britain, the Netherlands, Sweden, Denmark, Germany,...

COVID19

The key aspects of Covid19 are:

- a) It is very infectious and can be transferred by coughing into someone else's face, by hand contact and by transfer of the virus on a shared object.
- b) The life of the virus varies, according to the host surface. Hard surfaces such as metal, glass and plastic offer the "best grip" of some 3-7 days+ and should be regularly wiped with hot soapy water, or antiseptic gel, if you have it. Soap breaks the bonding agent holding the virus together, which is why it's important to wash hands when you think you may have touched something, or accidentally shaken hands! Its not a bad idea to leave shopping to itself for three days, plus. This means planning ahead. It is thought that Microwaves will kill the virus, or a temperature of 27 °C, but this is not yet publicly researched.
- c) When meeting other people, you are advised to keep at least two metres apart.
- d) Symptoms of catching the virus, although not comprehensive, include a runny nose, sudden rise in body temperature or fever (normally 36.5 to 37.5 °C or 97.7 – 99.5 Fahrenheit), a dry cough/sore throat and headache, or major ache in other parts of the body. This probably leads to shortness of breath, indicating the virus is attacking the lungs **and should be treated as a medical emergency**. (Ring telephone number **15**)
- e) Please do not panic if you catch the common cold. For most people, Covid19 can also be coped with, via self-isolation and going to bed, with water and paracetamol. -Those over 60 years old, are more at risk and thus you should be strict about self-isolation and also not putting others at risk.

Practical questions for the members of the Amicale

As a reminder, L'Amicale à l'Ecoute is there for you. If you need help:

To make your PURCHASES. We can help you create an account with Super U. You then place the order online and we can organize its collection and delivery to your door

To break the ISOLATION: If you feel the need for someone to call you regularly to make sure you are safe and have everything you need, we can arrange this in English or French.

Contact **Lesley Joffick 06 47 79 77 56** or email **lesleyjoffick@hotmail.com**

Isabelle Alba let us know that:

Visits to specialists, radiology and other examinations have been postponed. In an emergency, the authorized taxis will transport them.

Visits to the doctor are only necessary for major pathologies, excluding coronavirus and by appointment. If you have to go to your GP, make an appointment and wait in your car, do not go to the waiting room. Report your presence to the secretary. If you are not able to move, you can ask the doctor for a home visit.

If you have flu symptoms: cough, fever, headache, ... etc. call 15, a doctor will tell you if you should see your General Practitioner or go to the hospital.

If you have a usual prescription to be renewed, be aware that the government has authorized pharmacies to dispense these treatments without a new prescription, therefore without a medical visit, until May 31. Pharmacies can, on request, deliver medicines to the homes of people who cannot travel or send someone.

Bénédicte Louis noticed that the CCAS (Social Aid of the commune) of Callian offers on its website a help and assistance service on 06 76 73 45 56 <http://www.callian.fr/index.php/20-actualites-de-callian/vie/425-ccas-covid-19>

Fun and entertainment

This is a nicer aspect of today's publication. In next week's letter, we'll share more information.

But right now, we suggest that you (re) visit the [Louvre](https://www.louvre.fr/visites-en-ligne) as if you were there <https://www.louvre.fr/visites-en-ligne>

And if the Louvre has no more secrets for you, we invite you to discover the [National Gallery](https://www.nationalgallery.org.uk/visiting/virtual-tours/) in London, but beware because the 3D visit could make you dizzy <https://www.nationalgallery.org.uk/visiting/virtual-tours/> / virtual-tour-2011 # / central-hall /

More to discover next week.

Your sincerely,
Terence Knott

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For English speaking Members only

The government Form or Attestation de Déplacement Dérogatoire must be provided at all times, when outside your home. Copy of the form on next page

Each person must carry a signed and current (i.e. for that journey) form.

If in the car, fix this to your window, e.g. by sellotape

If stopped by the Police or Gendarmerie or Municipal do NOT wind down your window.

1. A first fine of Euros 135 payable if you break the above edict, or possibly fail to provide the necessary Form/Attestation. A form **MUST BE PROVIDED** for each separate trip. For example to the baker and the pharmacist. A second offence incurs a fine – currently – of euros 1.500 and a third offence, a fine of euros 3,500 plus a prison sentence.
2. Unless you are a Key Worker (Fireman, Doctor, Nurse, Govt Officials etc), you can only travel outside your house, for specified reasons/for professional activity which cannot be organised by tele-conferencing; plus:
 - a. Medical emergency
 - b. Shopping for staple food (“of first necessity”) in authorised establishments
 - c. Vital movement to assist vulnerable persons, or safeguard children
 - d. Brief excursions of maximum 1 hour outside and within 1 km near the house, for physical exercise, either for you, or your dog.
 - e. In this case you also must indicate the hour when you left your home.

The form can be found on

<https://www.gouvernement.fr/sites/default/files/contenu/piece-jointe/2020/03/attestation-deplacement-fr-20200324.pdf>