

## Coronavirus COVID-19

Français Français simplifié English

**Last update : October, 15th 2020**

**On this website you can find information and guidance from the French Government regarding the current outbreak of coronavirus disease COVID-19 in France.**

### RESTRICTIONS AND REQUIREMENTS IN METROPOLITAN FRANCE

Wednesday 14th of October de President imposed a new state of health emergency and starting Saturday 17th local curfews will be imposed in the Paris region and 8 more cities : Grenoble, Lille, Lyon, Aix-Marseille, Saint-Etienne, Rouen, Montpellier and Toulouse for at least 4 weeks from 9 PM to 6 AM

Outings after hours will only be authorized with a certificate, to :

- For work or travel to or from work
- For health reasons
- Offer help to someone in need
- Transport (trains or planes, you will need to show a ticket as a reason to break curfew)
- Walking your dog

Restriction in rest of the country have also been toughened with all private parties, including weddings, banned in public event spaces. Local authorities may take additional measures to prevent outbursts of the virus.

### EMPLOYMENT

Working from home must be preferred whenever possible.

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Travel to France from outside these countries remains restricted. For more information, visit the [website of the Ministry for Europe and Foreign Affairs](#).

**Travel to foreign** countries remains limited. Visit the [Travel Advice pages of the Ministry for Europe and Foreign Affairs](#)

**Within metropolitan France**, you may travel freely. You must wear a mask at all times on public transport.

## TRAVEL TO THE OVERSEAS TERRITORIES

Specific rules apply to the French Overseas Territories.

If you are 11 or over, you must provide a negative RT-PCR test carried out less than 3 days before travelling to the Overseas Territories. This applies wherever you are departing from.

You may not travel to or from French Guiana, Mayotte, New Caledonia or Wallis-and-Futuna except for urgent family or professional reasons. You will have to fill out and carry an exempted movement certificate and a declaration that you do not have COVID-19 symptoms (included in the same document). These documents can be downloaded from the Ministry of the Interior's website.

On arrival in metropolitan France from one of these Overseas Territories, you will be encouraged to be tested or to respect a 14-day quarantine period.

For information on travel from foreign countries to the Overseas Territories, visit the [website of the Ministry for Europe and Foreign Affairs](#).

Within the Overseas territories, local authorities may impose additional restrictions.

## MORE INFORMATION

Find more information for foreign nationals on the [website of the Ministry for Europe and Foreign Affairs](#).

## HEALTH ADVICE

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### ***How can I protect myself from the virus?***

The virus does not spread on its own. People who have the virus are the ones who spread it. Therefore, the following measures can help you protect yourself (and others) from the virus :

- Wash your hands very often ;
- Use single-use tissues, and then throw them away ;
- Cough and sneeze into your arm or into a tissue ;
- Do not shake hands or greet people with kisses on the cheek ;
- Respect social distancing: you should remain further than a metre from others.
- Wear a mask if social distancing cannot be respected.

### ***What should you do if you are feeling ill?***

If you have a cough or a temperature, stay at home, avoid contact with others and call a doctor.

If you have a cough and/or a temperature, and you have difficulty breathing and/or you are feeling faint, dial 15 or call or send a text to 114 if you have a speech or hearing impairment.

## **HOTLINES**

A toll-free hotline service (French only) can answer your questions about the Coronavirus COVID-19 non-stop, 24 hours a day, 7 days a week: 0 800 130 000 (from abroad: +33 800 130 000, depending on your operator).

Please note that the toll-free hotline service cannot give medical advice.

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