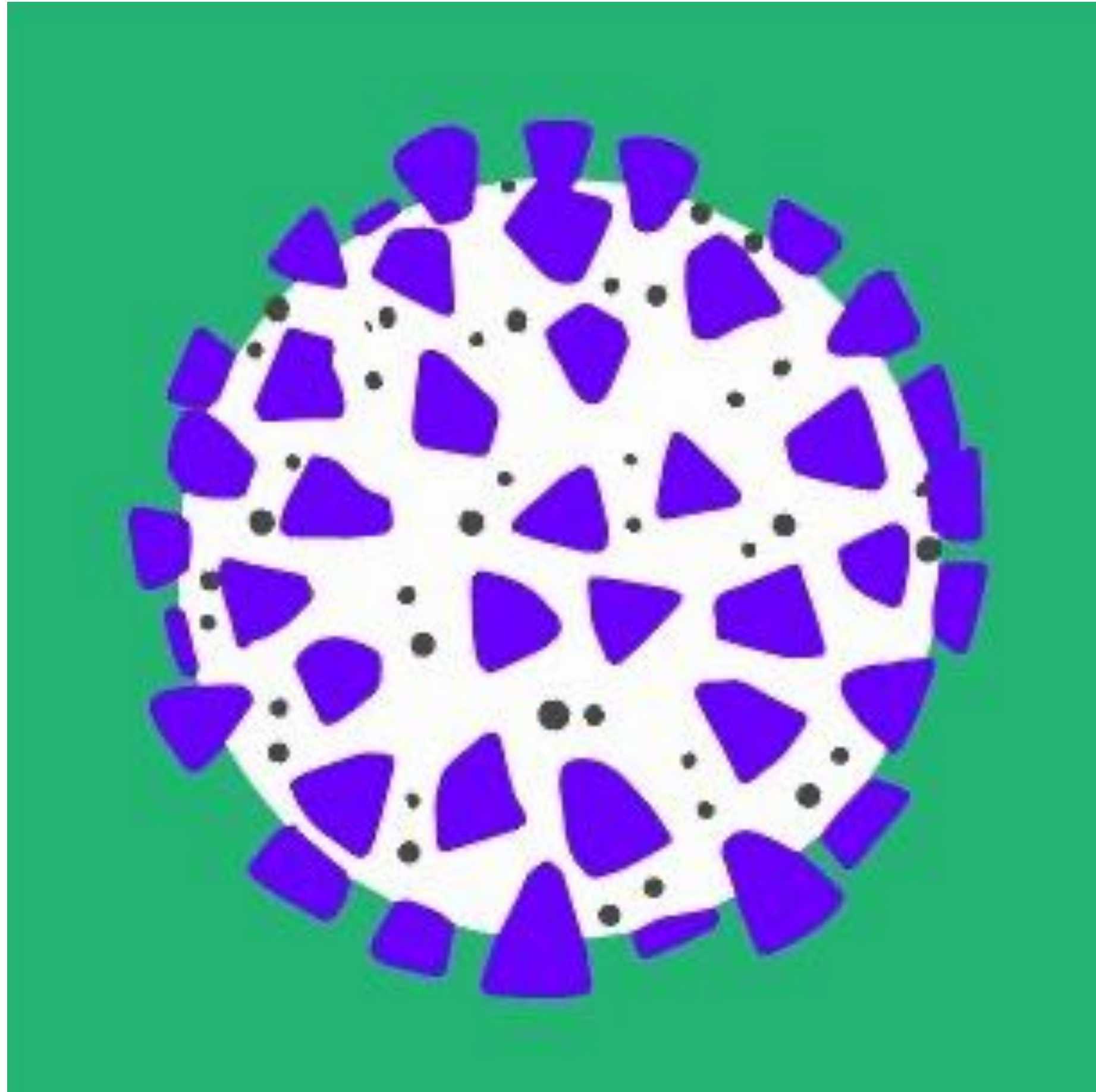


ADIÓS CORONA



www.adioscorona.org

Virginie Courtier-Orgogozo - March 2021

15 March 2020



Me!

Claire WYART



Fiamma Luzzati

<https://www.lemonde.fr/blog/lavventura/tag/adioscorona/>

A team output

Animation, Edition, Content

Virginie Courtier-Orgozozo (IJM) Genetics, Evolution
Charlotte Jacquemot (IMRB, ENS) Cognitive sciences
Claire Wyart (ICM) Biophysics, Neurosciences



Edition & Content

Adrien Chopin (IDV) Cognitive neurosciences
Denis Corpet (U. Toulouse) Virology, Hygiene
Francesca Pinton (IJM) Genetics
Gwenael Rabut (Rennes) Cell biology



>20 scientists writing Q&As

Verifications from experts in virology, epidemiology, immunology, etc.

Code



Uzay Girit



Camille Roux

Graphics



Olivier Wyart

Translations

- English:** Rob Kulathinal (IJM, Philadelphia)
- Italian:** Francesca Pinton (IJM), Nicola Grillenzoni, Lara Migliaccio, Andrea Bernasconi,
- Spanish:** Judit Salces-Ortiz, Max Jösch, Alex Vargas-Valderrama, Paula Rivera
- Arabic:** Amir Yassin (IJM), Layla El Mossadeq (IJM), Mohammed Errbii
- Portuguese:** Marta Prino Peres
- Greek:** Marianna Karageorgi, Spiros Chavlis, Nikos Konstantinides, Theodora Velona
- German:** Ulrike Ahrendts
- Russian:** Anton Filipchuk
- Indonesian:** Laras Pitayu (IJM), Yanti Susanti, Ella Umry
- Greek:** Marianna Karageorgi & Theodora Velona
- German:** Eva Naumann

Why another website on COVID-19?



Many scientific websites are super useful
But not friendly for the public

Official government websites have
economical and political constraints

Incorrect information is circulating

Some concepts are difficult to grasp

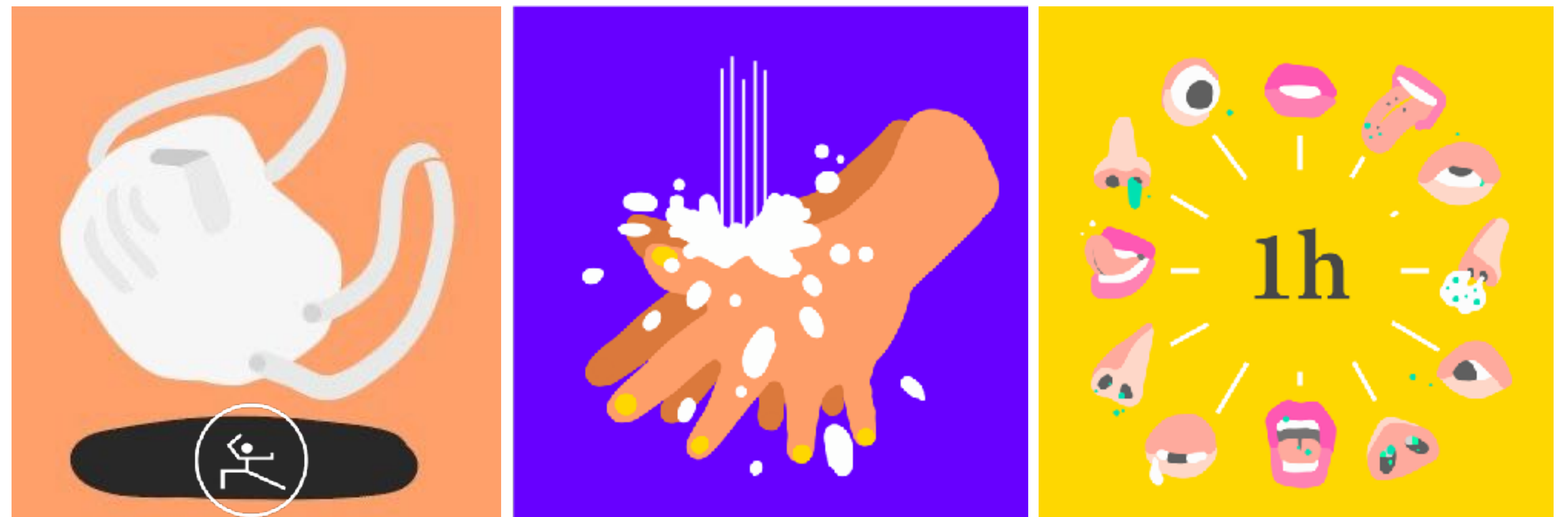
Usually no references provided, no explanations

Important to understand the public health advices to
act accordingly

Goals

Inform people to understand and reflect for themselves

- provide the facts & reasoning behind each practical advice
- rely and provide all sources
- admit when knowledge is lacking
- illustrate how countries implemented different rules (testing, social distancing, ...)
- take it easy



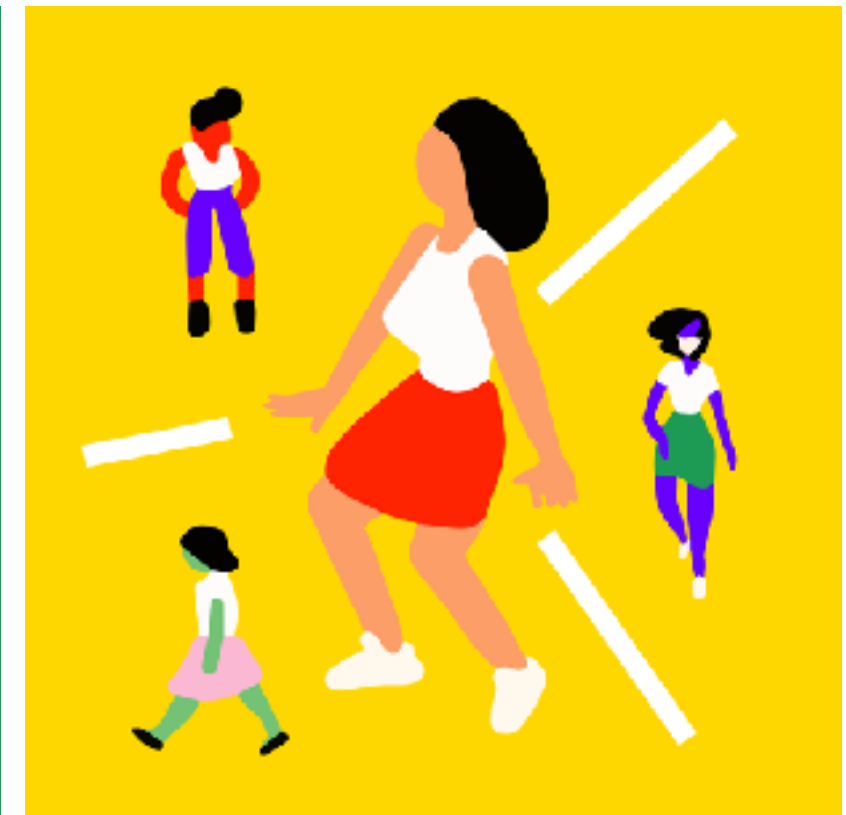
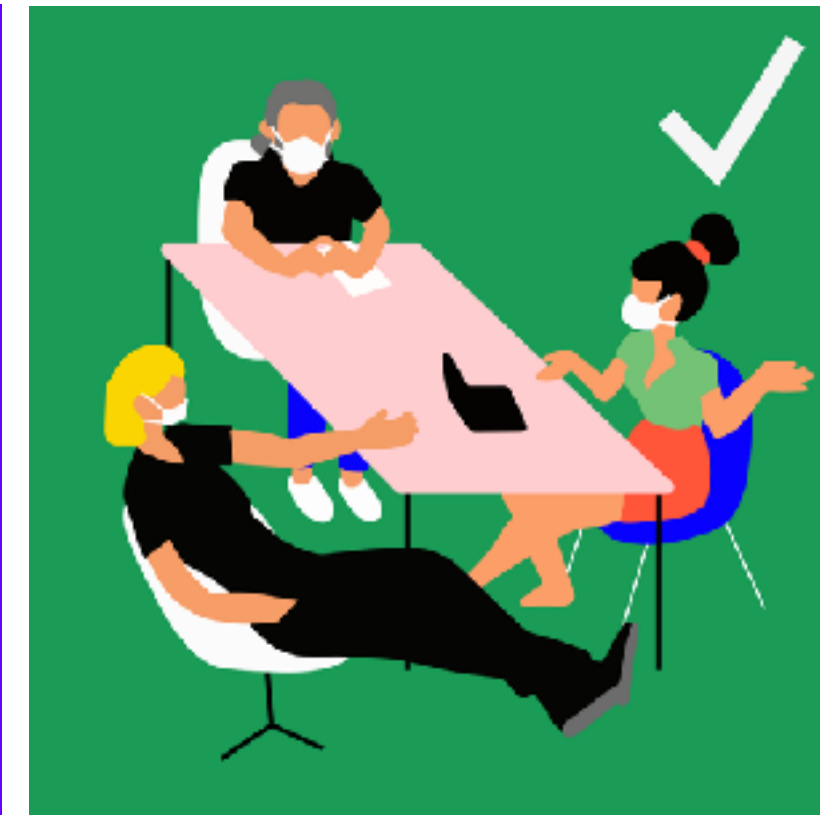
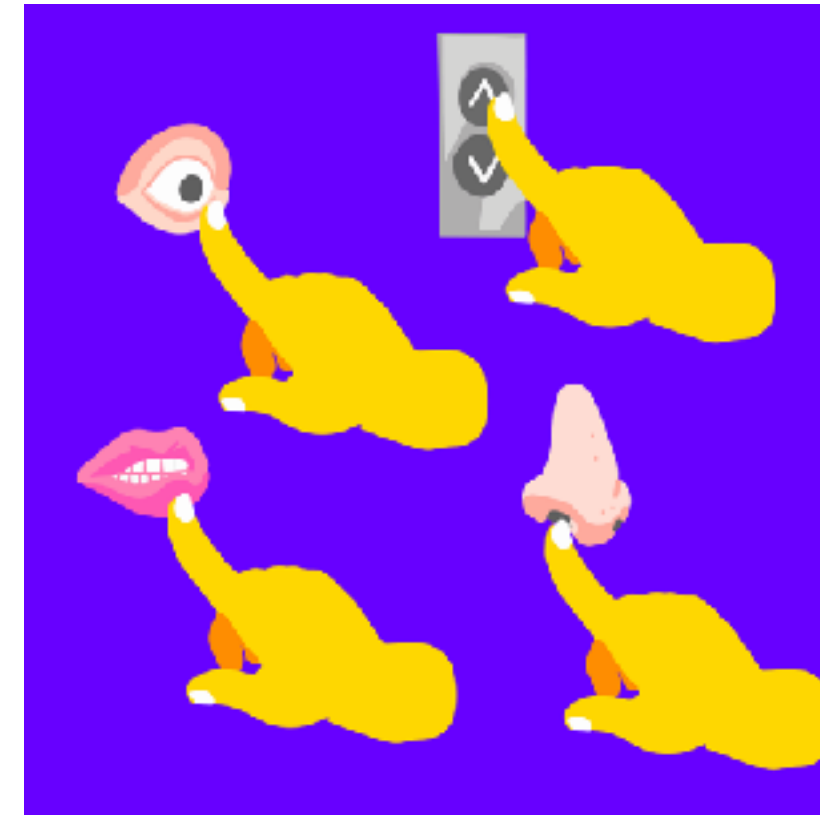
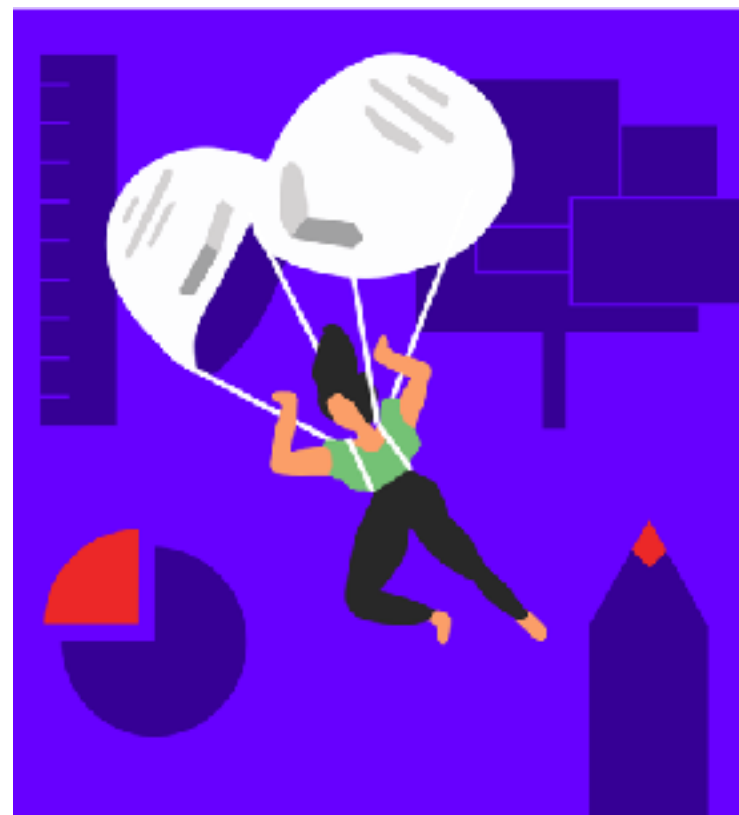
Two parts

UNDERSTAND

Simply explain what we know & don't know

ACT

Advise on optimal measures to stop COVID-19 propagation
in order to reach a safe & sane social life



COMPRENDRE LE CORONAVIRUS



Animaux



Distanciation



Décontamination



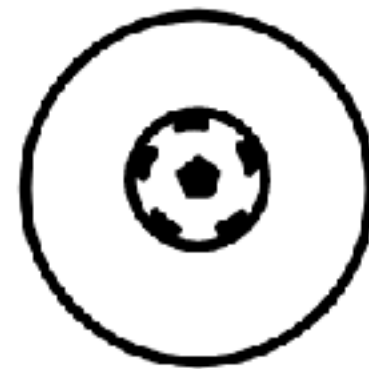
Enfants



Hygiène



Immunité



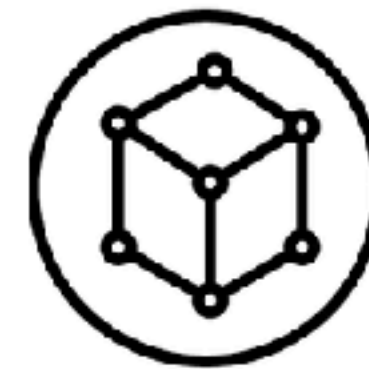
Loisirs



Maladie



Masques



Modélisation



Propagation



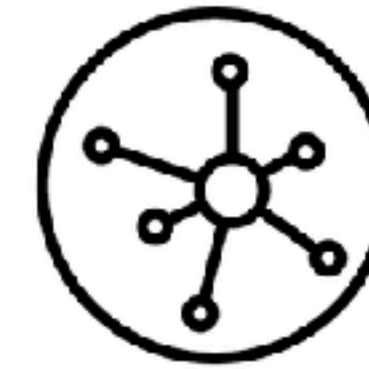
Psychologie



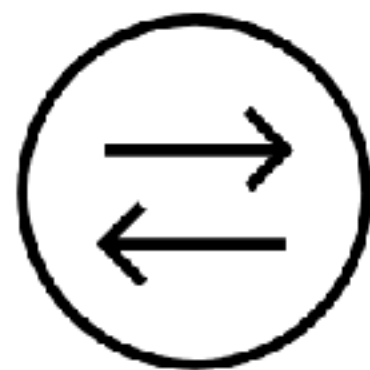
Rationalité



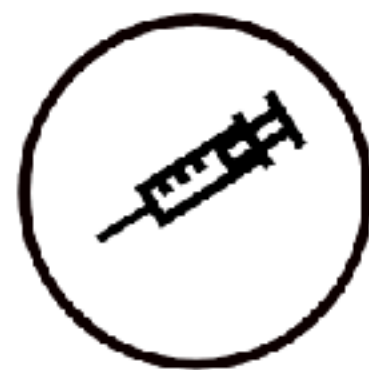
Tests



Rencontres



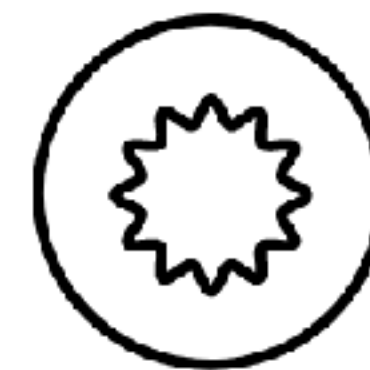
Transmission



Vaccins



Variants



Virus



Vulnérables

How many days after contact should I wait for a COVID test?

Text updated on 2020-09-22

If you are sick, the ideal is to get tested as soon as you have symptoms of COVID-19. If you are not ill, the ideal is to wait 5-7 days after infectious contact to be tested.

If I have symptoms: fever (over 38°C), breathing difficulties, unexplained muscle pain, unusual headaches, loss of taste, loss of smell, unexplained fatigue, diarrhea (more than 3 episodes in 24 hours) or vomiting (more than 2 episodes in 24 hours) I must quarantine myself (i.e., no contact with others). I must get tested as soon as possible and while waiting for the results, I will remain in quarantine. In the majority of cases, the symptoms disappear within a few days. The contagious period begins 2-3 days before the onset of symptoms and lasts 7-8 days after the onset of symptoms. Thereafter, the SARS-CoV-2 coronavirus remains detectable in small amounts in the saliva and nasal cavities of some patients until several weeks after the onset of the disease. But it seems that from 8 days after the onset of symptoms, the viral particles of the patients are no longer able to infect cells in culture, suggesting that the virus is no longer contaminating.

If I don't have any symptoms but I'm a "contact case," One person I've been in contact with just found out that she is positive at SARS-CoV-2. So I am a "contact case". I quarantine myself if I have had prolonged contact with the positive person. See the question **What is close contact?**

(...)

SOURCES

This article compares the interval between the onset of symptoms in 77 pairs of individuals, one of whom has been infected by the other (this is called the serial interval, estimated here at 5 to 6 days) with the mean incubation time of the disease. The authors deduce that individuals carrying the SARS-CoV-2 virus are contagious as early as 2 to 3 days before the onset of the first symptoms and that the peak of contagiousness is between 2 days before and 1 day after the onset of symptoms.

He, X., Lau, E. H., Wu, P., Deng, X., Wang, J., Hao, X., ... & Mo, X. (2020). Temporal dynamics in viral shedding and transmissibility of COVID-19. *Nature medicine*, 1-4.

This very interesting paper studies in detail the dynamics of replication of the SARS-CoV-2 virus in different tissues of infected patients. Among other things, it questions the relationship between the presence of the virus in these tissues and its infectivity, measured as its ability to infect cells in culture. According to the authors, while sputum and nasopharyngeal specimens isolated during the first week of symptoms are highly infectious, those collected 8 or more days after the onset of symptoms are devoid of any infectious properties. Similarly, fecal or urine specimens, although containing viral particles, are not capable of infecting cells in culture, regardless of when they are collected.

Wölfel, R., Corman, V. M., Guggemos, W., Seilmaier, M., Zange, S., Müller, M. A., ... & Hoelscher, M. (2020). Virological assessment of hospitalized patients with COVID-2019. *Nature*, 1-5.

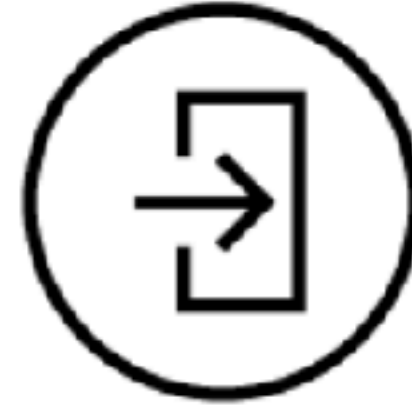
Based on 181 cases in China, it is observed that in 90% of cases the onset of symptoms occurs within 10 days of infection. After the onset of symptoms, patients can theoretically isolate themselves to avoid infecting others.

Lauer, S. A., Grantz, K. H., Bi, Q., Jones, F. K., Zheng, Q., Meredith, H. R., ... & Lessler, J. (2020). The incubation period of coronavirus disease 2019 (COVID-19) from publicly reported confirmed cases: estimation and application. *Annals of internal medicine*, 172(9), 577-582.

AGIR EN PANDÉMIE COVID



Se laver les mains



Rentrer chez soi



Sortir de chez soi



**Aller dans un
magasin**



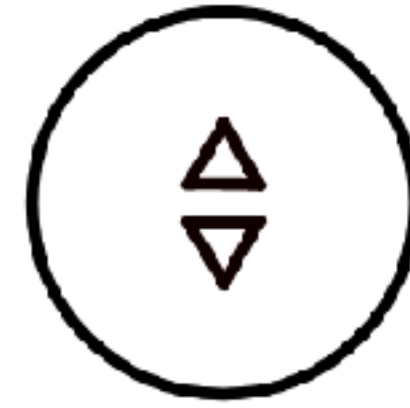
Aller au bureau



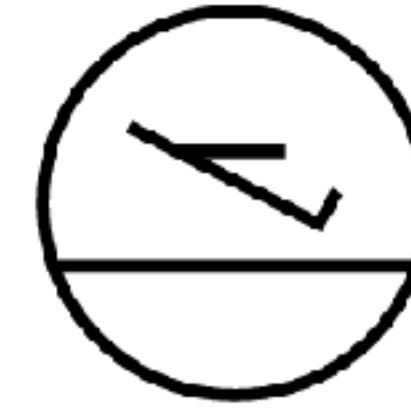
Prendre un taxi



Quel risque ?



Prendre l'ascenseur



Prendre l'avion



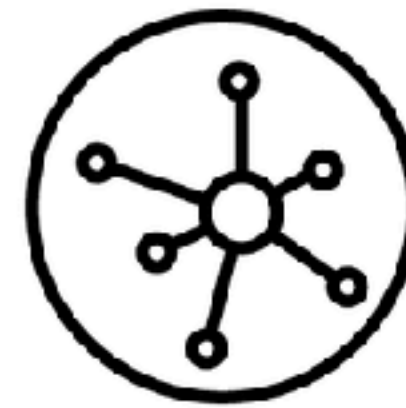
**Prendre la voiture,
seul ou à plusieurs**



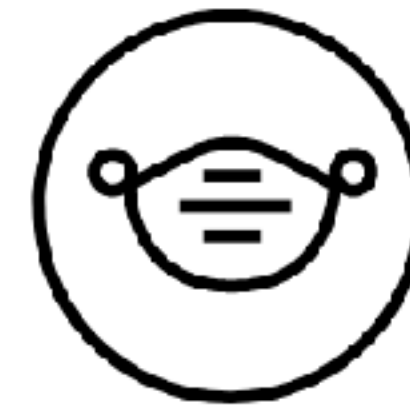
**Prendre l'apéro entre
amis**



**Prendre le bus/métro
/train**



**Voir ses petits-
enfants, parents et
grands-parents**



**Manipuler son
masque**



If possible, avoid public transportation and choose individual transportation (walking, cycling, scooter, scooter, or car).

Did you know that? An analysis of 318 cases of cluster infection at the beginning of the epidemic showed that 34% of cases occurred in public transport, with an average of 3.8 infected persons per journey. **To know more about it**

Did you know this? The study of 104 employees at a Boston grocery store during the COVID-19 outbreak in May 2020 showed that commuting to work by public transit or by travelling in a group (and not on foot, by bicycle, or in a private car) was significantly associated with depression. **To find out more**



Wear your mask for the entire trip.

Did you know that? On January 22nd, on a 4-hour bus ride, an individual suffering from COVID-19 who wasn't wearing a mask contaminated seven people. Some of them were 4.5 meters away. None of the people wearing masks were contaminated. To find out more about it

Did you know that? In several countries (including France, Germany, Italy, Belgium, Turkey...), wearing a mask is mandatory on public transport. To find out more about it

Why and how to handle his mask?





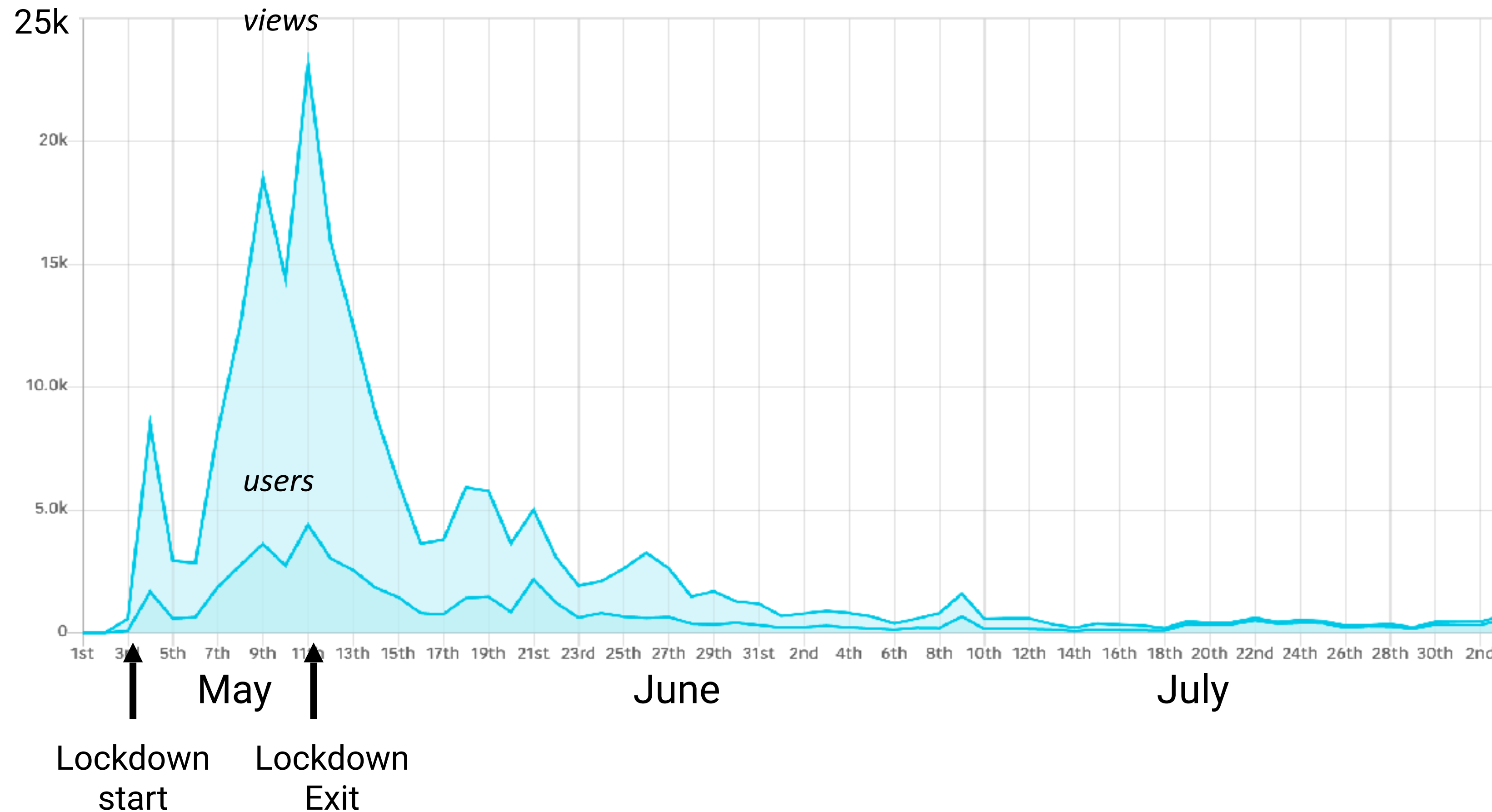
Your mask should cover your nose and mouth well.

Did you know that? A man who misplaced his mask was contaminated during a flight from Singapore to Hangzhou, China on January 24, 2020. On the plane, he sat with his mask incorrectly positioned for 1 hour next to two asymptomatic people who then tested positive for coronavirus. The other people around were not infected. They all wore masks. To find out more about it

f **🐦** **in**

More than 1 million views!

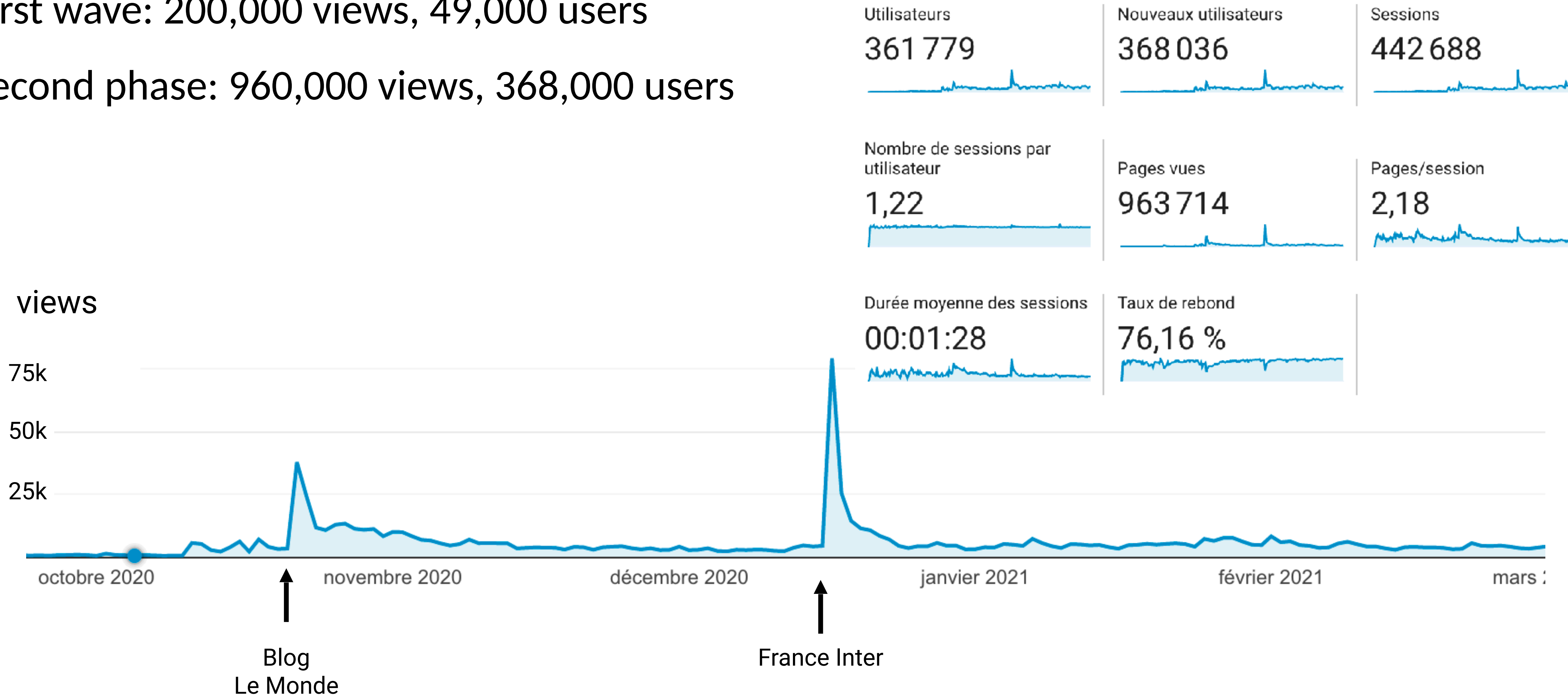
First wave: ~ 200,000 views and 49,000 users



More than 1 million views!

First wave: 200,000 views, 49,000 users

Second phase: 960,000 views, 368,000 users



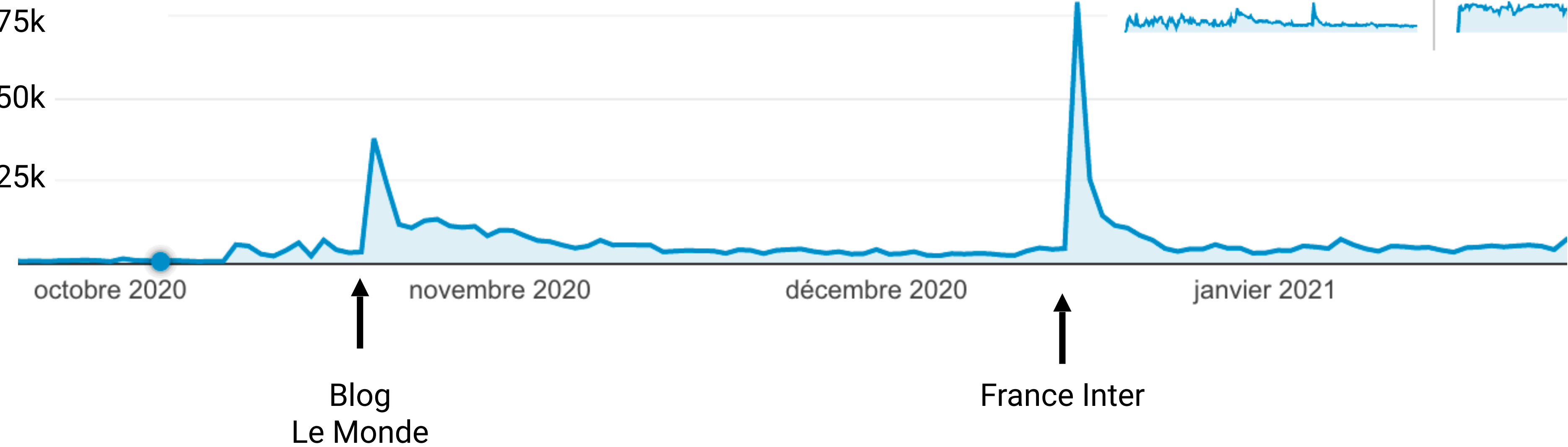
More than 1 million views!

First wave: 200,000 views, 49,000 users

Second phase: 960,000 views, 368,000 users

6,000 views/day

views



Durée moyenne des sessions	Taux de reb	Mar 02, 2021
00:01:28	76,16	
		French > Arabic4
		French > German44
		French > Greek36
		French > English495
		French > Spanish54
		French > Indonesian36
		French > Italian395
		French > Portuguese95
		French > Russian11
		French > Turkish18
		Total1,188

>150 messages received

ADIÓS CORONA

50% praise (medical doctors, general public...)

35% ask us for new questions

10% offer to help

5% spot bugs on the website

CONTACT

Please fill out this form to contact us.

name

email

message

Send



[About us](#) [Contact](#) [Who are we?](#)

"Thank you 1000 times for your very educational and I dare say playful site. Thank you to the graphic designers and scientists who enlighten us about the pandemic!!"

MD, November 2020

"I'd like to congratulate you on this excellent site which I've passed on to my fellow school nurses."

CM, November 2020

"I have read 492 (popular) articles since March, 2020 and your site is simply THE best on SARS-CoV-2. I particularly appreciate the presence of the sources and summaries at the bottom of the page. I also appreciate the quality of the writing and the editorial independence. Bravo for this remarkable work!"

YD, December 2020

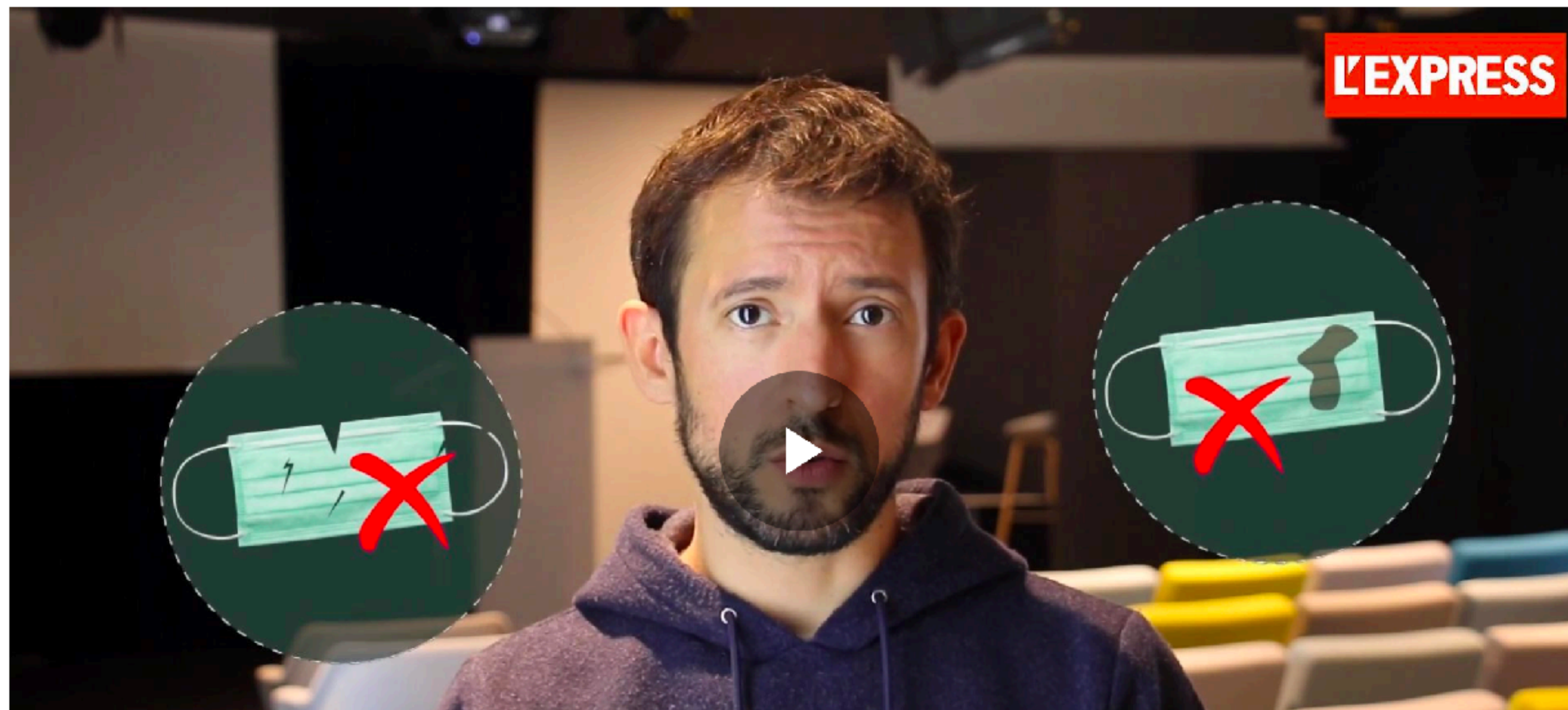
<https://en.adioscorona.org/temoignages.html>

Sciences ▶

Covid-19 : comment réutiliser 30 fois son masque jetable

Les masques chirurgicaux sont fabriqués en nanofibres de plastiques non biodégradables. Des chercheurs proposent une technique pour ne pas les jeter directement à la poubelle après usage.

Durée : 7 min | Article réservé aux abonnés



Accueil > Émissions > Carnets de campagne > Avec Charlotte Jacquemot, chercheuse et membre d'Adios Corona

CARNETS DE CAMPAGNE

jeudi 17 décembre 2020 par **Philippe Bertrand**

Avec Charlotte Jacquemot, chercheuse et membre d'Adios Corona

13 minutes



ÉCOUTER



S'ABONNER



RÉAGIR



«Damos consejos prácticos para la vida con el covid-19, con base científica»



VIRGINIE COURTIER-ORGOGOZO

DIRECTORA DE INVESTIGACIÓN DEL INSTITUTO JACQUES MONOD DE PARÍS

La página web AdiosCorona, creada por un grupo de científicos voluntarios, da respuestas prácticas a preguntas de la vida cotidiana en estos tiempos de pandemia, siempre basándose en las últimas investigaciones. Virginie Courtier-Orgogozo es una de las creadoras del grupo y explica el trabajo que desarrollan.

Idola ERASO | BAIONA

¿Cómo descifrar lo verdadero de lo falso sobre la epidemia del covid-19 en los medios de comunicación? ¿Cómo evaluar los riesgos de nuestra vida cotidiana? Son algunas de las preguntas a las que se puede encontrar una respuesta basada en las investigaciones científicas al consultar la página web del colectivo AdiosCorona.

Se trata de una dinámica que comenzó en el Estado francés de la mano de Virginie Courtier-Orgogozo y Claire Wyart, directora de Investigación del

que no había consejos sobre los buenos gestos que había que tener.

En Francia se criticaba el efecto de las mascarillas, cuando ya había datos que mostraban que protegían. Nos dijimos que era importante crear una página web para explicar lo que se sabe y lo que no, y sobre todo dar consejos prácticos para la vida de todos los días, en base a los datos científicos que existen. Claire Wyart y yo nos dijimos que como biólogas podíamos ayudar a la población.

Al principio éramos cuatro o cinco, nos conocíamos porque

DIFUSIÓN

«Para imaginarse cómo se difunde el virus, además de por las expectoraciones, se puede visualizar como una persona que fuma. Eso muestra la importancia de airear los lugares

Cada uno elige el tema, lee los artículos que se han publicado, los analiza, escribe un texto en el que dice lo que se sabe y lo que no, y cuales son los comportamientos concretos que deberían de tenerse al respecto. Y ponemos en qué publicaciones nos basamos. Una vez escrito se lo hacemos leer a los demás y, cuando estamos todos de acuerdo, lo publicamos en la página web, y en las redes sociales.

¿Qué tipo de científicos forman parte del grupo?

El núcleo duro somos biólogos; yo investigo sobre la genética de

120 más o menos, y actualizarlas también supone trabajo. No dejamos respuestas falsas, si hay algo nuevo, retiramos el texto hasta poder cambiarlo.

Teniendo en cuenta sus recomendaciones, la asociación de consumidores Que Choisir publicó un artículo sobre cómo reutilizar las mascarillas quirúrgicas desechables, después el Consejo de Salud publicó una declaración diciendo que hay que tirar las mascarillas tras ser utilizadas una vez.

Hemos reflexionado sobre este tema, y el consejo que damos so-



The banner features three panels: a green panel with a yellow virus particle and a blue 'I' shape, a purple panel with a yellow dog wearing a black beret and a white face mask, and a yellow panel with a red dog wearing a black beret and a white face mask.

FR
ADIÓS
CORONA

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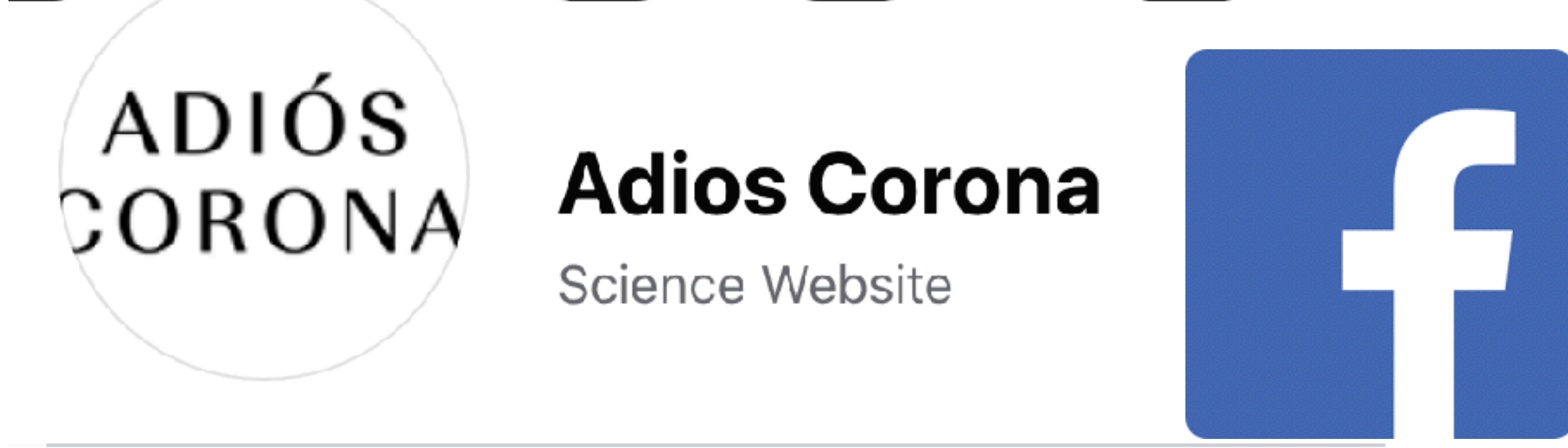
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[@AdiosCoronaFR](#)

Comprendre et agir ensemble pour enrayer le [#coronavirus](#) [#SARSCoV2](#) [#COVID19](#) - English: [@AdiosCorona](#)
[Translate bio](#)

🌐 International Team [adioscorona.org](#) 📅 Joined May 2020

188 Following 1,607 Followers

Florence Débarre



The header includes a circular profile picture with the text 'ADIÓS CORONA', the name 'Adios Corona', the description 'Science Website', and a blue Facebook 'f' logo.

ADIÓS
CORONA

Adios Corona
Science Website

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About [See All](#)

i Scientists are analyzing the literature on [#COVID19](#) and advising on collective best practices to stop the spread of the virus and to quickly return to a safe and social life.

👍 665 people like this

📁 729 people follow this

Nicola Grillenzoni

Getting rid of the virus

- fit your mask well to your face
- wear masks in toilets & other closed spaces
- open windows, meet outside
- don't eat inside with others
- salivary tests
- reuse masks to limit pollution



www.adioscorona.org

Des conseils pratiques et infos sourcées pour toute la famille

AdiosCorona est un collectif scientifique
et indépendant de chercheur.e.s

