

# You have symptoms of an illness or you came into contact with an infected person. What should you do now?

Update from 30/07/2021

## ✓ I HAVE SYMPTOMS

- 1 Notify your employer or personnel manager.
- 2 Consult your general practitioner. He or she decides if your symptoms are of such a nature that you immediately should go into quarantine. Your doctor will issue a certificate of illness.
- 3 Get tested if the doctor thinks you might be infected with covid-19.

### THE TEST IS POSITIVE

- You will have to isolate at home for at least 10 days after the onset of symptoms.
- You won't start working again until you are fever free for three days and your breathing symptoms have improved.

### THE TEST IS NEGATIVE

- You can go back to work if your health permits.



\* **Close contact** = within the distance of 1.5 meters without proper use of mouth-nose mask by both persons, for a period of more than 15 min (multiple encounters count together).

## ✗ I HAVE NO SYMPTOMS, BUT HAD CONTACT WITH SOMEONE WHO TESTED POSITIVE.\*

\* Contact your family doctor if symptoms of illness develop.

### YOU WILL BE EVALUATED AS **LOW-RISK CONTACT**

Continue to follow the general hygiene and distancing measures. Be extra vigilant until 14 days after the last contact with the positive person. You don't have to go into strict quarantine, so you can go to work, for example. Keep social contacts and travel to a minimum.

### YOU WILL BE EVALUATED AS A **HIGH-RISK CONTACT**

#### **You have been fully vaccinated**

You immediately go into quarantine. You have a PCR test carried out as soon as possible after the last contact. The quarantine stops if the test result is negative.

#### **You have already had COVID**

You do not have to go into quarantine for six months after the covid infection. A test must only be taken if symptoms occur.

#### **You have not or not yet been fully vaccinated**

You immediately go into quarantine for at least 7 days counted from the last day of close contact\*.

You should have a first test done as soon as possible (within 72 hours) after the last contact. A second test should be done on day 7 after the last contact.

Even if the first test is negative, you have to stay in quarantine a negative result of the test on day 7. The quarantine stops as soon as the result is known. It is best to be extra be extra vigilant until 14 days after the last risk contact.

### IS THE INDEX PATIENT SOMEONE IN YOUR HOUSEHOLD?

Housemates are always considered high-risk contacts. In order to avoid prolonged quarantine and additional contamination, strict isolation rules are also recommended within the household.

As an index patient, it is not always possible to isolate yourself from others in your household (e.g. in the case of young children). If not, your quarantine will only start when your roommate is no longer contagious. That is at the earliest 10 days after the start of the symptoms of your infected roommate.

### THE TEST IS POSITIVE

- You go into home isolation for up to 10 days from the date of the test (= day 0).

### NO TEST CONDUCTED

- Quarantine starts from the date of the last close contact and lasts 10 days.