

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

Update from 10/09/2021

## ✓ 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. As soon as possible after identification as a high-risk contact, you have a first PCR test. If the test result is negative, quarantine may generally be stopped. A second test is still necessary and should be done 7 days after the last close contact\*.

#### **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 must have a first PCR test carried out as soon as possible, within 72 hours, after identification as a high-risk contact. A second test should be done at the earliest on day 7 after the last close contact\*.

Even if the first test is negative, you have to stay in quarantine until a negative result of the test on day 7 after the last close contact\*. The quarantine stops as soon as the result is known. You should 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.

It is not always possible to isolate a housemate from the infected person (e.g. in the case of young children). If this is not possible, the last close contact\* will be at the end of the isolation period of the infected person. This is at the earliest 10 days after the onset of symptoms (or positive test) of the infected person.

### THE TEST IS POSITIVE

- You go into home isolation for 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.