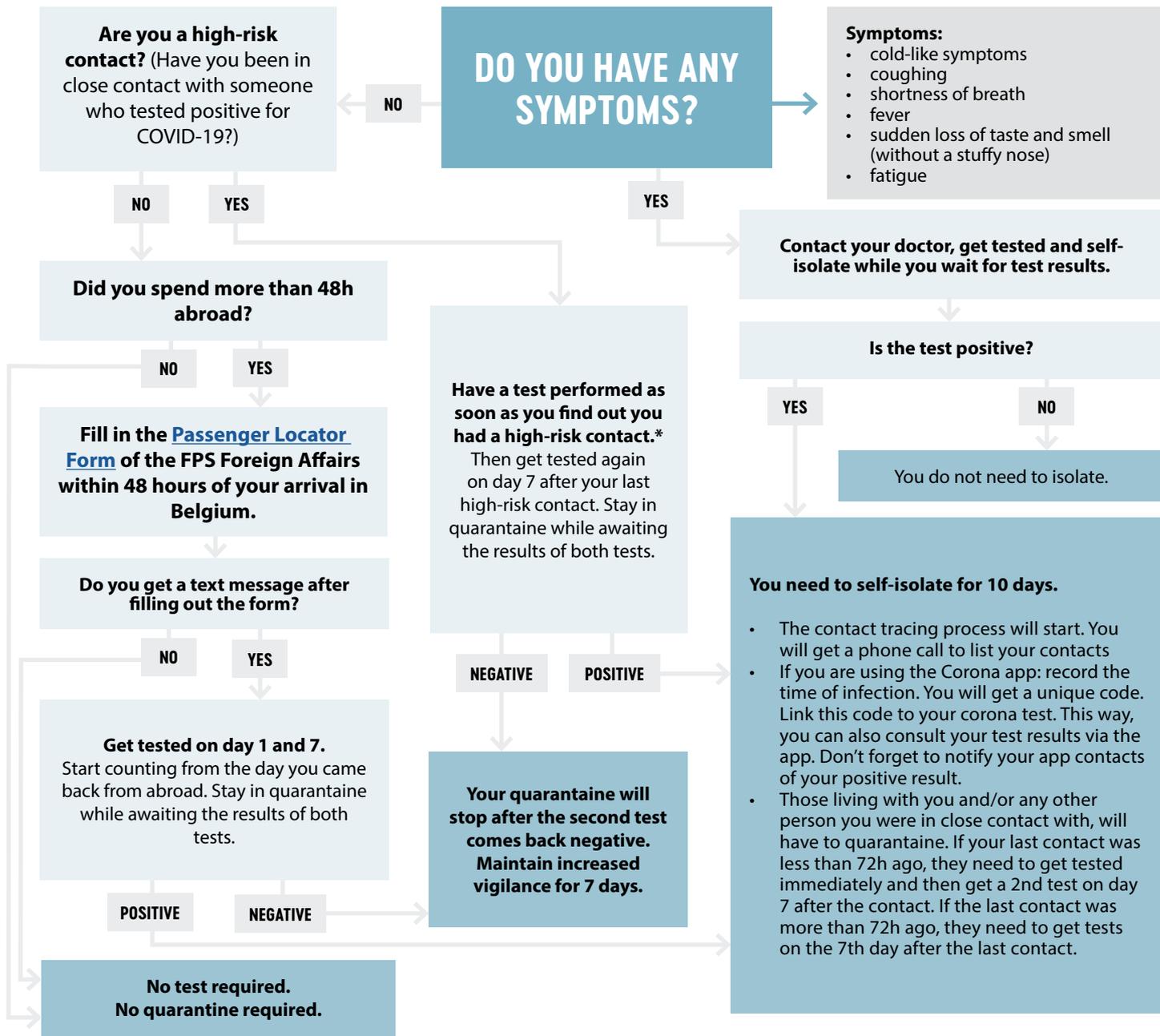


When do you need to get tested?

When do you need to quarantine or self-isolate?



What is the difference between quarantine and self-isolation?

Quarantine

If you come back from a red zone or if you were in close contact with someone who tested positive for COVID-19 (= you are a high-risk contact), you need to quarantine.

This lasts for at least 10 days from the last contact you had with the infected person. Remain vigilant for the next 7 days regardless of the test results. You may be infected. Stay at home and do not receive any visitors. You are only allowed to leave quarantine if the result of your test on day 7 is negative. Exceptions apply to healthcare staff and security officers.

Self-isolation

You need to self-isolate in case of a positive COVID-19 test. Isolation lasts for at least 10 days, from the day you were tested or the start of your symptoms. You can only get out of isolation after the 10 day period, if you do not have a fever for 3 days and your symptoms have clearly improved.

Always follow the 6 golden rules!



Respect the hygiene measures



Outdoors activities should be preferred



Look out for vulnerable people



Maintain your distance (1.5 m)



Limit your close contacts



Follow the rules about gatherings

(*) You will get the necessary information via the contact tracing process if your details were shared by the person who tested positive.