

# You have symptoms of an illness or you tested positive. What should you do now?

Update from 12/01/2022

## ✓ I HAVE SYMPTOMS THAT MIGHT INDICATE CORONA

○ Notify your employer or personnel manager.

### A Mild symptoms?

Fill in the [online self-test](#). After completing it, you can create a code to have a corona test taken at the triage centre or pharmacy.



### B Very ill or patient at risk?

Contact your GP.  
He or she will decide whether a coronation test is indicated.

## ✓ POSITIF SELF-TEST

A positive result must always be confirmed by a PCR test.

Request an activation code for a PCR test via the contact centre on 02/214 19 19 and go into isolation.

### THE TEST IS POSITIVE

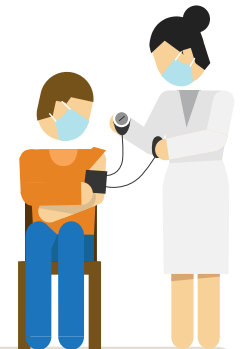
○ You will have to isolate at home for at least 7 days after the onset of symptoms. After that, stay extra careful for 3 days. Limit your contacts and wear a mouth mask in indoor areas.

○ Report your high-risk contacts\* via [myhealth.belgium.be](#) or [mijncoronatest.be](#).

○ You won't start working again until you are fever free for three days and your symptoms have clearly improved.

### THE TEST IS NEGATIVE

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



\* **High-risk 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).