You came into contact with an infected person.
What should you do now?

Update from 25/01/2022

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

You have been <u>fully vaccinated</u> or the high-risk contact took place less than 5 months after the previous infection
(basic vaccination < 5 months or booster vaccination in persons ≥ 18 years of age)
You do not have to be tested or quarantined.
Observe the general prevention measures for 10 days after the high-risk contact.

You are <u>partly vaccinated</u>
(basic vaccination ≥ 5 months in people ≥ 18 years old and no booster yet)

After the high-risk contact, you go into quarantine for at least 3 days.
You carry out a self-test from day 4 to day 7, you may leave quarantine if the result is negative.
If you do not wish to self-test, you remain in quarantine for 7 days.

You have <u>not been vaccinated</u>
After the high-risk contact, you go into quarantine for at least 6 days.
You will do a self-test from day 7 to day 10, if the result is negative you may leave quarantine.
If you do not wish to self-test, you remain in quarantine for 10 days.

THE SELF-TEST IS POSITIVE

Request an activation code for a PCR test via the contact centre on 02/214 19 19
or via https://sat.info-coronavirus.be/nl/formulier/autotest

Go into isolation.

SYMPTOMS

Go into quarantine and fill in the self-assessment tool at myhealth.belgium.be.

* **High-risk or 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).

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

Quarantine and testing are not necessary if you have no symptoms.
Restrict your social contacts and activities for 10 days.
Continue to follow general prevention measures.

SYMPTOMS

Go into quarantine and fill in the self-assessment tool at myhealth.belgium.be.

General prevention measures

- ✓ Avoid vulnerable people
- ✓ Respect distance
- ✓ Ventilate indoors
- ✓ Work from home if possible
- ✓ Wear a mouth mask in indoor areas

Relieve the primary care

Check quarantine and testing guidelines via the qr-code or surf to https://covid-19.sciensano.be/nl/procedures/risicocontacten

Contact the infected person so they can report you online as a high-risk contact via myhealth.belgium.be or mijncoronatest.be.

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