

WHEN, HOW, WHERE



YOU HAVE SYMPTOMS?







HEADACHE



FEVER



LOSS OF TASTE / SMELL



PAIN



BREATHING



FATIGUE



Go into isolation and evaluate your symptoms with the self-assessment tool via myhealth.be instead of contacting your general practitioner*

ADVICE NOT TO TEST

You can go out of isolation.

ADVICE TO TEST

Remain in isolation and request a test code via myhealth.be and make an appointment for a PCR test (via myhealth.be) or a rapid test (via specific pharmacists, see www.apotheek.be (NL) or www.pharmacie.be (FR))

TEST RESULT CAN BE OBTAINED VIA MYHEALTH.BE, THE COVIDSAFE APP OR YOU RECEIVE A TEXT MESSAGE

NEGATIVE

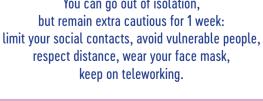
(you are not infected)

You can go out of isolation, but remain extra cautious for 1 week: respect distance, wear your face mask, keep on teleworking.

POSITIVE

(you are infected)

*Unless you have no cell phone or PC, if you are in doubt or you are at an increased risk (e.g. pregnancy, heart, kidney, liver or lung disease, cancer patient)



7 days of isolation. Give your contact details to contact tracing via myhealth.be Isolation ends on day 7 on condition of 3 days without fever and improvement of the symptoms. After that, remain extra cautious for 3 days: limit the number of contacts to the strictly necessary. Wear continuously a mask indoors (preferably FFP2).



