

# DO I HAVE TO QUARANTINE AND GET TESTED?



## DO I HAVE ANY SYMPTOMS?

Quarantine as soon as the symptoms start, and wait for a doctor's opinion to know the quarantine's length.

**NO**

Have I had a "higher-risk" contact?



**YES**

Quarantine at once when the higher-risk contact is known.

Do any symptoms appear in the duration of my quarantine?

**YES**

Get in touch with a doctor as soon as the symptoms start.

**NO**

No need to get tested. Stay safe.

**NO**

Stay quarantined for 10 days, starting on the contact day, and stay careful once the quarantine ends. No need to get tested.

**YES**

Do I have a local doctor (GP)?

**YES**

Call the GP and explain the symptoms.

**NO**

In Brussels, call 1710 for free and ask for a GP. In Wallonia, call a local GP.

With symptoms, quarantine for a minimum of 7 days. The quarantine ends when the symptoms get better, with at least 3 days without a fever.



# WHEN AND HOW TO QUARANTINE?

A higher-risk contact\*

A sick flatmate?

Any symptoms?

Before even thinking about being tested, the first reflex ***is quarantine!***

Quarantine means **staying at home for a few days:** you cannot see people or go to classes or activities. If the people you live with have had symptoms or a high-risk contact, they must also observe a quarantine; on the other hand, do not organize a "joint quarantine" with outsiders! How long should you stay quarantined? It depends on whether or not you have symptoms - follow our informational poster.

**If the whole flat is not in quarantine, observe the following principles:**

- Air the common areas frequently.
- Stay in your room as much as possible, and wear a mask in the common areas.
- Regularly disinfect surfaces, clean the sanitary facilities.
- Do not eat meals together.
- Do not invite outsiders while one of the inhabitants of the kot is in his or her quarantine.

The quarantine is a crucial step that protects everyone: it only lasts for 10 days if you don't have any symptoms and have had a higher-risk contact. It is also an opportunity to rest, to follow classes from one's bed or to catch up in series!

## **Reminder: the 6 golden rules**

- Respect the hygiene rules
- Take your activities outside
- Think about vulnerable people
- Keep your distance (1,5m)
- Limit your close contacts
- Follow the rules on gatherings

## **What are the conditions for getting tested?**

Getting tested is now only possible for people with symptoms of Covid-19. You'll also need one of these two documents:

- Have a prescription from your doctor OR
- Have an SMS code from the contact tracing center

Without one of these two documents, you can't get tested. You will also need, for the UCLouvain testing centre, **proof that you are a student at UCLouvain.**

## **Testing 101**

You get it: getting tested without **a proper quarantine is like a French fry without salt!**

The first step in case of doubt is therefore to quarantine.

**\*A higher-risk contact is a contact:**

- of long duration (more than 15min)
  - close (-1.5m)
  - without masks ;
- with a person who has symptoms or is tested positive in the two days following the encounter.