

DO I HAVE TO *QUARANTINE* AND GET *TESTED*?



DO I HAVE ANY SYMPTOMS?

Quarantine for 7 days
as soon as the
symptoms start.

NO

Have I had a
“higher-risk” contact?



YES

Quarantine for 7 days,
starting on the
contact day.

Has the contact tracing
center given me an SMS code?

YES

Get tested on
the 5th day of
quarantine.

NO

No need to get tested.
Stay safe.

NO

Call the contact tracing
center or a GP on the 4th
day of quarantine.

and stay quarantined as
long as needed.

YES

Do I have a local
doctor (GP)?

YES

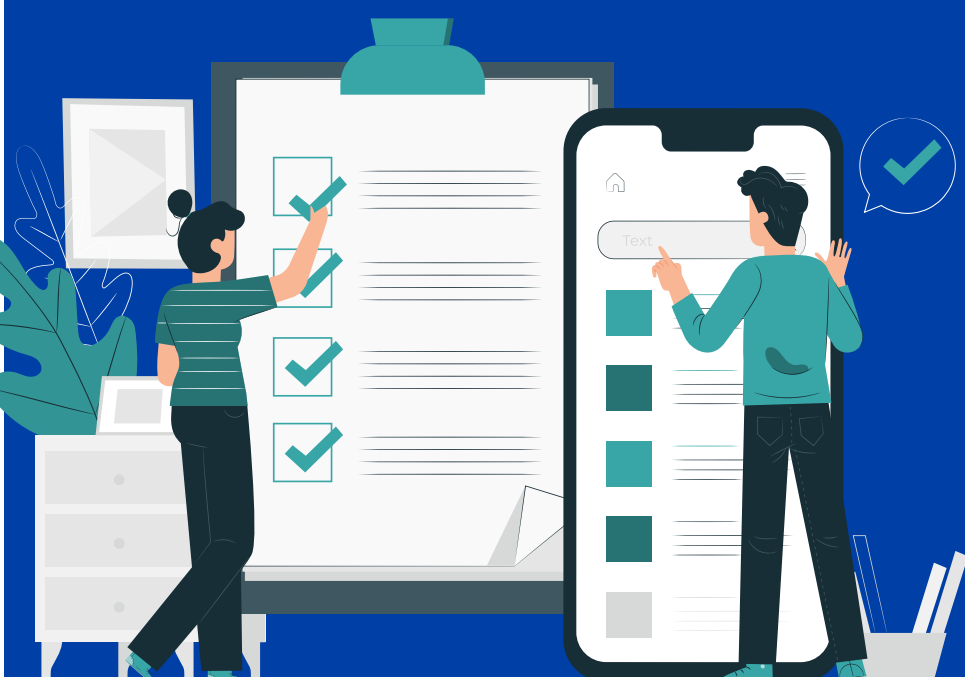
Call the GP
and explain
the symptoms.



NO

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

Stay quarantined
in the meantime.



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 7 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!

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 7 days and helps to avoid spreading the virus. 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?

- 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 is now positive or has symptoms.