

# CORONA SYMPTOMS? KNOW WHEN TO STAY AT HOME

## YOU'VE GOT CORONA

You have tested positive **WITH** symptoms

You have tested positive **WITHOUT** any symptoms

You must stay at home for at least **7 days** after the test (in isolation)

You must stay at home for at least **5 days** after the test (in isolation)

You may return to work if you have stayed at home for **7 days** (in isolation) and if you have had no symptoms in the last **24 hours**.

You may **return to work** (out of isolation) if you have **no symptoms** within **5 days** after the test.

Develop symptoms within **5 days** after the test? Stay in isolation until you have **no symptoms** for **24 hours** and there is at least **7 days** since you became ill.

In case of reduced immune resistance, the GGD recommends staying at home for at least **14 days**.

## YOUR HOUSEMATE HAS CORONA

Your housemate tested positive **WITH** symptoms

Your housemate tested positive **WITHOUT** symptoms

You must stay at home for at least **10 days** after the test (in quarantine)

You must stay at home for at least **5 days** after the test (in quarantine)

You may **return to work** if you stayed at home for **10 days** (in quarantine) after the last contact with your housemate.

And if your housemate does not get any symptoms within **5 days**? Then you have to stay at home for **10 days** (in quarantine) after the last contact with your housemate.

Develop symptoms? **Then get tested**

Develop symptoms? **Then get tested**

## YOUR 'CLOSE CONTACT'\* HAS CORONA

Your contact has tested positive **WITH** symptoms

Your contact has tested positive **WITHOUT** symptoms

You have to stay at home for **5 days** after the last risky contact

You must stay at home for at least **5 days** after the test (in quarantine)

After **5 days** you may get tested. Is the test **negative**? Then you may go **back to work**

Develop symptoms? **Then get tested**

And if your 'close contact' does not get any symptoms within **5 days**? Then you have to stay at home for **10 days** after the last risky contact and after that you may get tested. Is the test **negative**? Then you may go **back to work**

Develop symptoms? **Then get tested**

## YOUR 'OTHER CONTACT'\* HAS CORONA

Your other contact has tested positive, **WITH** or **WITHOUT** symptoms

You keep an eye on your own health for **14 days** after the test

Develop symptoms? **Then get tested**

\* **Close contact** is someone with whom you have spent more than 15 minutes, at a distance of less than 1.5 metres. **Other contact** means all contacts not defined as a housemate or a 'close contact'.

### TESTING AND STAYING AT HOME

You stay at home if:

- you have symptoms that indicate corona. Get tested and stay at home awaiting the results.
- your housemate not only has mild corona symptoms but also has a fever and shortness of breath. Stay at home with your housemate and wait for the test results.

### HOME ISOLATION

If you have corona and/or symptoms that indicate corona, you must enter **isolation**. This means staying strictly at home.

### QUARANTINE

**Quarantining** is a precautionary measure. You do not have corona or symptoms yourself, but you were close to an infected person or in a risk area.

These measures can be changed by the authorities. For up-to-date information and an explanation of this diagram, please visit [stigas.nl](https://stigas.nl).

### Further information



**Stigas**

Stationsweg 1 | 3445 AA Woerden | +31 (0)85 044 0700, option 1 | [info@stigas.nl](mailto:info@stigas.nl) | [www.stigas.nl](https://www.stigas.nl)

In all cases, the GGD (Netherlands Municipal Health Service) instructions or recommendations are leading. This diagram (version 1 December 2020) was drawn up by Stigas on the basis of the guidelines of the RIVM (Netherlands National Institute of Public Health and the Environment) and the central government.