CORONA SYMPTOMS? KNOW WHEN TO STAY AT HOME

YOU'VE GOT CORONA

for at least 5 days

to work (out of

no symptoms within

5 days after the test.

vithin **5 days** after the

no symptoms for

at least **7 days** since

You have tested positive **WITH** symptoms

You must stay at home for at least **7 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.

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

YOUR HOUSEMATE HAS CORONA

You have tested Your housemate positive WITHOUT tested positive WITH any symptoms

You must stay at home for at least

10 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

Develop symptoms?

Then get tested

Your housemate tested positive WITHOUT symptoms

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

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

YOUR 'CLOSE CONTACT'* HAS CORONA

Your contact has tested positive **WITH** symptoms

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

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

Develop symptoms?

Then get tested

Your contact has tested positive

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

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

our 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:

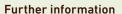
- you have symptoms that indicate <u>corona</u>. Get tested and stay at home awaiting the results.
- your housemate not only has <u>mild corona symptoms</u> but also has a fever and shortness of breath. Stay at home with your housemate and wait for the test results.

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.

