

These measures apply from 01.02.22 and replace the previous ones.

# TESTING: WHEN, HOW, WHERE?



## HIGH RISK CONTACT WITHOUT SYMPTOMS

Have you been in contact with an infected person for more than 15 minutes and within a distance of less than 1.5 metres?

### VACCINATED

Last vaccination <5 months or booster vaccination or you are between 12 and 17 years old and have received your basic vaccination.

Last vaccination >5 months and no booster vaccin.

**PCR TEST AND QUARANTINE NOT NEEDED**  
but remain cautious for 10 days after the high-risk contact: limit your social contacts, avoid vulnerable people, respect distance, wear a face mask (preferably FFP2) and keep on teleworking.

**7 DAYS QUARANTINE.**  
Can be terminated from day 4 on condition of a daily negative self-test from day 4 to day 7. In the meantime, remain extra cautious for 10 days after the high risk contact.

**POSITIVE SELF-TEST**  
(you are probably infected)

**NEGATIVE SELF-TEST**  
(you are probably not infected)

Request an activation code for a PCR test on [www.myhealth.belgium.be](http://www.myhealth.belgium.be) or at the Contact Centre 02 214 19 19 and go into isolation until you get the result of the PCR test.

**POSITIVE**

**NEGATIVE**

**7 DAYS OF ISOLATION.**  
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).

**QUARANTINE CAN BE TERMINATED.**

### NOT VACCINATED

**10 DAYS QUARANTINE.**  
Can be terminated from day 7 on condition of a daily negative self-test from day 7 to day 10. In the meantime, remain extra cautious for 10 days after the high risk contact.

**POSITIVE SELF-TEST**  
(you are probably infected)

**NEGATIVE SELF-TEST**  
(you are probably not infected)

Request an activation code for a PCR test on [www.myhealth.belgium.be](http://www.myhealth.belgium.be) or at the Contact Centre 02 214 19 19 and go into isolation until you get the result of the PCR test.

**POSITIVE**

**NEGATIVE**

**7 DAYS OF ISOLATION.**  
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).

**QUARANTINE CAN BE TERMINATED.**

Anyone who took a positive PCR- or rapid test less than 5 months ago follows the same measures as the vaccinated people (see above), as long as he or she has no symptoms.

More information on [info-coronavirus.be](http://info-coronavirus.be)