**Communication high-risk contact with COVID-19 infected person**

Dear student/staff member,

You have come into close contact with a COVID-19 infected person on ../../.....

In order to avoid any further spread, we urge you to follow the steps below. The procedure to be followed differs depending on whether you have already been fully vaccinated or not.

**YOU ARE ALREADY FULLY VACCINATED**

Fully vaccinated = 2 weeks after 1st dose of Johnson & Johnson or 2 weeks after 2nd dose of Moderna, Pfizer & AstraZeneca

**1. STAY HOME AND GET TESTED AS SOON AS POSSIBLE**

**You must be tested twice. If you do not get tested, you will have to go into home quarantine for at least 10 days.**

Normally, you will be contacted by the contact tracing to take a test. If this does not happen, contact your GP for more information about the free test. Then you will know where you can be tested in your neighbourhood.

* Have a first test done as soon as possible once you have been told that you have had a high-risk contact with an infected person.
* Stay in home quarantine until you have received the result of your test, even if you do not feel ill.
	+ Only leave your home if it is really necessary, for example to buy food or to go to the doctor or pharmacy.
	+ Always wear a mouth mask when leaving the house.
	+ Avoid contact with others. Do not receive visitors at home.
* If the first test is positive, you will go into home isolation for at least 10 days. This means that you may not leave the house and that no one may visit you. After all, you may be infecting other people at the moment.
	+ The home isolation starts from the beginning of your symptoms or from the moment you have tested positive. After this 10-day period, you can return to the campus, provided that you do not show any more symptoms for at least 3 days.
	+ Send an e-mail to corona@ehb.be to report that you have tested positive.
* If the first test is negative, the quarantine can be lifted and you can return to the campus. However, it is still necessary to take a second test.
* Have a second test taken 7 days after the last high-risk contact. In the period between the first and second test, you do not have to stay in quarantine and you can come back to the campus. However, please remain extra vigilant and continue to apply the hygiene measures strictly.
* If your second test is also negative, you do not have to go into quarantine or take an additional test. However, remain extra vigilant and continue to apply the hygiene measures strictly.
* If the second test is positive, go into home isolation for at least 10 days. This means that you may not leave the house and that no one may visit you. After all, you can currently infect other people.
	+ - The period of home isolation starts from the day after the test was taken. After this period of 10 days, you can return to the campus, provided that you do not show any symptoms for at least 3 days.
		- Send an e-mail to corona@ehb.be to report that you have tested positive.

**2. MONITOR YOUR HEALTH CLOSELY**

* Certainly not all persons who had close contact with someone with corona get sick. Vaccination also reduces the risk of infection. So don't be alarmed, but do pay extra attention.
* Take your temperature twice a day. Do you have a fever, can you breathe with difficulty, do you often cough, do you have a sore throat? Can you smell and taste less well? Call your doctor for advice.
* During the period of 14 days after the last high-risk contact (even if quarantine has ended in the meantime), special attention should be paid to basic hygiene measures, a mouth mask should be worn for all outdoor movements.

**3. PROTECT VULNERABLE HOUSEMATES**

* Avoid contact with people of advanced age, with diabetes, with problems of the heart or lungs, with reduced resistance.
* Use separate items in the house: eating and drinking utensils (cutlery, plates, coffee cups, glasses, etc.), toothbrushes and towels.
* Open a window or door in the house often.

**YOU HAVE NOT YET BEEN (FULLY) VACCINATED**

Fully vaccinated = 2 weeks after 1st dose of Johnson & Johnson or 2 weeks after 2nd dose of Moderna, Pfizer & AstraZeneca

**1. STAY AT HOME FOR AT LEAST 7 DAYS**

* Stay at home in quarantine for at least 7 days after you have had contact with the infected person, even if you do not feel ill and if your first test is negative! (see later under "2. Get tested").
* Always contact your family doctor immediately and let him know that you have been in close contact with a validated infected person. Ask him to take a test.
* Only leave your house if it is really necessary, for instance to buy food or to go to the doctor or pharmacist.
* Avoid contact with others. Do not receive visitors at home.
* Always wear a mouth mask when leaving your home.

**2. GET TESTED**

You must be tested twice.

Normally you will be contacted by the contact tracing for a test. If not, contact your doctor for more information about the free test. This way you will know where you can be tested in your neighbourhood.

* Have a first test done as soon as possible.
* Stay in home quarantine until the result of the test is available.
	+ If the first test is positive, go into home isolation for at least 10 days. This means that you may not leave the house and no one may visit you. After all, at the moment you can infect other people.
* The home isolation starts from the beginning of your symptoms or from the moment you have tested positive. After this 10-day period, you can return to the campus, provided that you do not show any more symptoms for at least 3 days.
* Send an e-mail to corona@ehb.be to report that you have tested positive.
	+ If the first test is negative, the 7-day home quarantine continues. Have a second test taken at the earliest 7 days after the date that you had the high-risk contact.
* Have a second test taken at the earliest 7 days after the last high-risk contact.
	+ If your second test is also negative, the quarantine can be lifted and you will be welcome back on campus (7 days after your last high-risk contact, at the earliest).

Because the incubation period can be as long as 14 days, the general measures must be followed strictly for another 7 days. So be extra careful, especially around vulnerable people.

* + If the second test is positive, go into home isolation for at least 10 days. This means that you are not allowed to leave the house and no one is allowed to visit you. After all, you can currently infect other people.

The period of home isolation starts from the day after the test was taken. After this period of 10 days, you can return to the campus, provided that you do not show any symptoms for at least 3 days.

Send an e-mail to corona@ehb.be to report that you have tested positive.

**3. KEEP A CLOSE EYE ON YOUR HEALTH**

* Certainly not all persons who had close contact with someone with corona get sick. So don't be alarmed, but pay extra attention.
* Take your temperature twice a day. Do you have a fever, can you breathe with difficulty, do you often cough, do you have a sore throat? Can you smell and taste less well? Call your doctor for advice.
* During the period of 14 days after the last high-risk contact (even if quarantine has ended in the meantime), special attention should be paid to basic hygiene measures, a mouth mask should be worn for all outdoor movements.

**4. PROTECT VULNERABLE HOUSEMATES**

* Certainly avoid contact with people of advanced age, with diabetes, with heart or lung problems, with reduced resistance, etc.
* Use separate items in the house: eating and drinking utensils (cutlery, plates, coffee cups, glasses, etc.), toothbrushes and towels.
* Open a window or door in the house often.