**Communication low risk contact with**

**COVID-19 infected person**

Dear student/staff member,

On ../../...., you had a brief contact with a COVID-19 infected person. You did not have contact with this person for more than 15 minutes (at less than 1.5 metres). The chance that you are infected is therefore small.

Nevertheless, we ask you to strictly 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. WHAT SHOULD YOU DO?**

* If you have already been fully vaccinated, a low-risk contact is no longer considered a strict risk contact. Quarantine and testing are no longer necessary.
* However, you should stick to the general measures:
	+ Wash your hands regularly with soap and water. Do this several times a day, for 40 to 60 seconds. Dry your hands with a paper towel.
	+ Do you fall ill or develop symptoms? If so, contact your doctor.
	+ Wear a mouth mask on campus and in other places where this is compulsory.
	+ As far as possible, keep a minimum distance of 1.5 metres from other people. Be extra vigilant in the vicinity of vulnerable persons.
	+ Cough and sneeze into a handkerchief. Throw paper handkerchiefs immediately into a closed waste bin. Then wash your hands. Don't have a handkerchief? Then cough and sneeze into the crease of your elbow.

**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. WHAT SHOULD YOU DO?**

Quarantine and testing are no longer necessary for low-risk contacts. However, stick to the following measures:

- Limit your social contacts:

* + Quarantine is not necessary, you do not always have to stay at home. As long as you do not show any symptoms, you can still come to campus or continue working. However, keep strictly following the school's guidelines.
	+ Avoid contact with vulnerable people who are at increased risk of a serious form of COVID-19 (e.g. elderly people or people with cancer).
* Monitor your health:
	+ The majority of people who come into contact with an infected person do not become ill. So there is no need to worry, but do stay vigilant.
	+ Do you feel sick: do you have a fever, can you breathe with difficulty, do you cough often, do you have a sore throat, do you have a cold in combination with other discomforts (headache, muscle aches,...), can you smell and taste less well? Then always contact your doctor.

**2. DO YOU NEED TO BE TESTED?**

* You don't feel ill or show any symptoms? Then a test is not necessary.
* Are you feeling ill or starting to show symptoms? Then contact your doctor. He will decide whether a test is necessary.
* Does the doctor decide to test you? If so, please notify us by e-mail at corona@ehb.be.

**3. FOLLOW THE GENERAL MEASURES**

* Wash your hands regularly with soap and water. Do this several times a day, for 40 to 60 seconds. Dry your hands with a paper towel.
* Wear a mouth mask on campus and in other places where this is compulsory.
* Whenever possible, keep a minimum distance of 1.5 metres from other persons. Be extra vigilant in the vicinity of vulnerable persons.
* Cough and sneeze into a handkerchief. Throw paper handkerchiefs immediately into a closed waste bin. Then wash your hands. Don't have a handkerchief? Then cough and sneeze into the crease of your elbow.