**High-risk communication contact with COVID-19 infected person**

Dear student/staff member,

On ../../.... you came into close contact with a COVID-19 infected person.

In order to avoid any further spread, we urge you to follow the steps below.

1. STAY AT HOME FOR AT LEAST 10 DAYS

* Stay in home quarantine for at least 10 days after you have had contact with the infected person, even if you don't feel ill. The 10 days start from the last contact you had with the contact person.
* Always contact your GP immediately (**or call 1710 if you don’t have one**) and let him know that you have come into close contact with a validated infected person. The general practitioner will determine whether a test is necessary.
* 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 you leave your home.
* Avoid contact with others. Do not receive visitors at home.

2. GET TESTED IF NECESSARY

Contact your doctor immediately for more information about the test. This way you know where you can be tested in your neighbourhood. As the test capacity is currently limited, only people with symptoms will be tested. The GP will determine whether or not a test is necessary in your area.

**If the doctor decides that a test is necessary, stay in home quarantine until the result of the test is available**.

* If the test is negative and the test was taken at the earliest 5 days after the last high risk contact, the quarantine can be lifted after 10 days (starting from the last high risk contact) if the clinical condition allows it. As the incubation period can be up to 14 days, you should also remain extremely cautious in the week following home quarantine. Wear a mouth mask, keep your distance, limit contacts and wash your hands regularly.
* If the test is positive, stay in home quarantine for up to 10 days after taking the test.
* After the quarantine period you can return to campus, provided that you no longer show any symptoms for at least 3 days.

3. MONITOR YOUR HEALTH CLOSELY

* + Certainly not all persons who had close contact with someone with corona become ill. So don't worry, but pay extra attention.
  + Measure your temperature twice a day. Do you have a fever, have difficulty breathing, cough often, have a sore throat? Can't you smell and taste so well anymore? Call your family doctor for advice.

4. PROTECT VULNERABLE HOUSEMATES

* + Certainly avoid contact with people of advanced age, with diabetes, with heart or lung problems, with less resistance.
  + Use separate items in the house: eating and drinking utensils (cutlery, plates, coffee bags, glasses ...), toothbrushes and towels.
  + Often open a window or door in the house.