**Communication low-risk contact COVID-19 infected person**

Dear student/staff member,

You briefly came into contact with a COVID-19 infected person at ../../..... You have not been in contact with this person for more than 15 minutes (less than 1.5 metres). The chance of being infected is therefore small.

Nevertheless, we ask you to strictly follow the steps below.

1. WHAT SHOULD YOU DO?

Don't worry, but pay extra attention for 14 days after you have had contact with someone with corona.

**- Limit your social contacts**:

* Quarantine is not necessary, you don't always have to stay at home. As long as you don't show any symptoms, you can still come to campus or continue working. Strictly follow the school's guidelines.
* Other contacts must be limited. Talk to other people as little as possible for 14 days.

**- Monitor your health**:

* Do you feel sick: do you have a fever, have difficulty breathing, cough often, have a sore throat, have a cold combined with other discomforts (headache, muscle aches,...), can't you smell and taste so well anymore? Then always contact your GP or call 1710 if you don’t have one.

**- Do you need to be tested?**

* Don't feel sick? Then a test is not necessary.
* Do you feel sick? Then the GP will decide whether a test is necessary.
* Does the GP decide to test? If so, notify us via e-mail at corona@ehb.be.

2. HOW DO YOU PROTECT YOURSELF AND OTHERS?

* + Keep a distance of at least 1.5m between yourself and others.
  + Always wear a mouth mask in crowded places or when the distance of 1.5m cannot be guaranteed.
  + Cough and sneeze in a handkerchief. Throw paper handkerchiefs immediately into a closed dustbin. Then wash your hands. Don't have a handkerchief? Then cough and sneeze in the crease of your elbow.
  + 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.
  + Touch your eyes, nose and mouth as little as possible with your hands.