



What's the difference between quarantine and self-isolation?

Quarantine is preventative:

- as soon as you feel ill (before a test)
- when you were in close contact with someone who tested positive
- when you've been abroad for more than 48 hours
- Stay at home and don't receive visitors.
- Get tested (day 1 and day 7)
- You can only leave the house to go to the pharmacy or for grocery shopping.

You can leave quarantine if your test result on day 7 is negative. You remain vigilant for another 7 days.

You have to self-isolate after a positive test.

- Stay at home and don't receive visitors.
- Let others do your shopping.
- Open windows regularly.
- Daily clean surfaces you touch a lot.
- Avoid contact with people that live under the same roof and avoid sharing items (towels, cutlery,...).

After 10 days you can leave isolation if you haven't had a fever of other symptoms for at least 3 days.