

How much social distance?

Keep your distance to help slow down COVID-19

You are a **CLOSE CONTACT**

A distinction is made between “household members and equivalent close contacts” who need to be in quarantine and “other close contacts”. You will be told which applies to you.

Other close contacts:

FOLLOW-UP FOR 10 DAYS

- You can go to school or work.
- Check daily for symptoms of respiratory tract infections or if you feel unwell.
- You should be tested as soon as possible and be re-tested after 2–3 days.
- If you are a healthcare worker and have contact with patients, inform your employer to assess if you should go to work.

Household members or equivalent:

QUARANTINE FOR 10 DAYS

- Do not go to work or school.
- Do not use public transport.
- You can go for a walk, but keep a good distance from others, well over 1 metre.
- You can carry out necessary errands to the supermarket or pharmacy.
- Avoid visits.

FOR ALL CLOSE CONTACTS:

- Limit the number of people you have close contact with, avoid large gatherings and crowds.
- People who live together can be in normal contact.
- People you live with are not in quarantine.
- If you have symptoms of respiratory tract infections you should isolate yourself and be tested.
- A negative test does not shorten the time in quarantine/follow-up.
- A positive test result means that you go into home isolation.

Advice for everyone

- Follow good cough etiquette and good hand hygiene.
- You and your closest circle can be together as normal.
- Keep a distance of at least 1 metre from everyone but your closest circle.
- If you have respiratory tract symptoms you should stay at home.
- If you have symptoms of COVID-19 you should be tested.

You have confirmed or probable COVID-19 and are in **HOME ISOLATION**

- Stay at home.
- Keep away from household members.
- If possible, use your own room and bathroom.
- Clean surfaces frequently.
- Ask someone to help you with food shopping.
- Discuss with your doctor how you should monitor your health.
- Your household members are in quarantine.