



GENERAL INFO ABOUT
CORONA?

0800 14 689

www.info-coronavirus.be

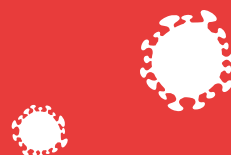
INFORMATION ABOUT THE COVID TEST

You were referred to one of the test centres of the Huisartsenvereniging Regio Turnhout for a COVID test. First of all, we would like to thank you for getting tested and helping us in the battle against the coronavirus. We hope all went well.

In this brochure we will go through the most important aspects of the entire process, so that you can keep track in these confusing times and know what to expect in the coming days.

The following topics will be covered:

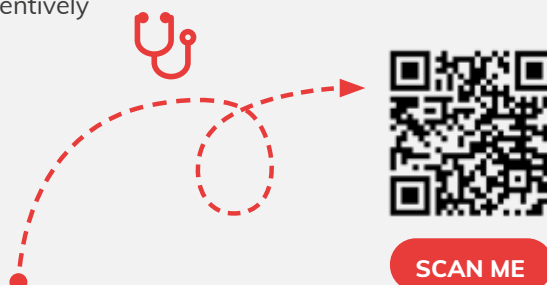
- What happens after the test?
- What does my test result mean?
- Meaning self-isolation and quarantine
- Contact tracing



WHAT HAPPENS AFTER THE TEST?

While awaiting the test result

- **While awaiting the test result, you always have to self-isolate/quarantine** (see below)
 - The only exception to this is when you were tested because you are going abroad or because you will be hospitalized.
- Discuss with your general practitioner:
 - How the results will be communicated
 - What the results mean for you
 - Whether the people you live with must quarantine preventively
 - In most cases only when there is a high chance for a positive test result
- Do not discontinue quarantine without first discussing it with your general practitioner!
- If you and your general practitioner have agreed in advance on discontinuing quarantine in case of a negative result, you can consult the results yourself via:
 - <https://www.nexuzhealth.be/nl/mynexuzhealth>
 - Login with an eID card reader or the itsme app
- If you use the **Coronalert app** (available in the App Store or Google Play) and if you have created a code before the test, which has also been registered by your general practitioner, you will also receive the test result via the app.
- Given the increasing amount of tests, you might have to wait a bit longer for your test result. Laboratories are doing their utmost to disclose the result as soon as possible. Always try to respect the agreements made with your general practitioner regarding the communication of the result, so that the administrative burden in the different medical practices stays limited. Only then we will be able to face the challenges ahead together!
- The test centre does not have your result, so there is no point in contacting them for your test result.



WHAT DOES MY TEST RESULT MEAN?

What to do when the test result is positive?

- **Self-isolate at home for at least 7 days (or longer if you have symptoms)**
- For the people you live with:
 - 7-day quarantine
 - Test on the 5th day (following the last close contact with housemate) via general practitioner
- You can only go out of isolation in consultation with your general practitioner!
- If you use the Coronalert app, you can share your result, so that your contacts are notified and can get tested. This process is completely anonymous.

What to do when the test result is negative?

Test because of symptoms

- **Discuss with your general practitioner whether you can discontinue quarantine!**
- In some cases (corona-like symptoms, a lot of infected persons in your vicinity) the quarantine period must be extended!
- If you also had a high-risk contact with a COVID patient:
 - you will have to stay in quarantine for 7 days!

Test after a high-risk contact or after returning from a red zone

- **Quarantine for at least 7 days after the high-risk contact or after returning!**
- When going out of quarantine:
 - A shorter quarantine period bears risks
 - There is still a chance you might develop the disease!
 - **Please contact your general practitioner as soon as you experience even the slightest symptoms!**
 - Pay special attention to the safety rules at work
 - **You can't have any social contacts for 14 days from the high-risk contact/return!**
 - Maintain physical distance from the people you live with during one extra week





MEANING QUARANTINE/ SELF-ISOLATION

Self-isolation

When to self-isolate?

- In case of a positive test result
- When awaiting the result after being tested because you had symptoms

What does self-isolation mean?

- Maintain **distance (>1.5 m)** from all the people in your household
- **Regularly wash/disinfect your hands**
- If possible, stay in a **separated, well-ventilated room**
- **Do not share objects** with the people you live with
- Clean used objects
- If possible, use a separate toilet/bathroom
- **Ventilate the house regularly**
- Disinfect surfaces (door handles, tables, ...) you touch regularly
 - Use a diluted chlorine solution (bleach diluted 25-50 times) to disinfect
 - For a chlorine solution of 8°: 40 ml of liquid bleach (8 coffee spoons) per litre of water
 - For a chlorine solution of 15°: 20 ml of liquid bleach (4 coffee spoons) per litre of water
- **No social contacts**
- Only leave the house if you are sure you can maintain at least 1,5 m distance from other people
- In case your symptoms become worse contact your general practitioner

Quarantine

When to quarantine?

- High-risk contact with a COVID patient
- After returning from a risk area (red zone)

What does quarantine mean?

- Only leave the house for e.g. purchasing essential items (supermarket)
- No social contacts
- Maintain distance from the people you live with
- Regularly wash your hands
- Do not share objects with the people from your household
- Ventilate your house regularly
- You will be asked to get a test done on the 5th day following the contact (or the return)
- Immediately contact your general practitioner in case of symptoms!

CONTACT TRACING

What is contact tracing?

If you tested positive, we try to identify the people you have come into contact with in the past days as soon as possible

That way:

- these people can go into quarantine before they can infect others
- we protect your closest relatives and those of your friends/family/colleagues
- we protect the vulnerable persons in our society
- we prevent the virus from spreading
- we identify the source patient to stop the further spread of the virus

The contact tracing process is completely **ANONYMOUS**, they will never mention your name.

Who will call you?

- **The Contact Tracing Center (the Flemish Government)**
 - They will primarily focus on making a list of your contacts, so that they can be called in time
 - You will receive a phone call from the following number: 02 – 214 19 19
- **The local Outbreak Tracing Team (Eerstelijnszone Kempenland)**
 - They will further examine the case to identify the source patient
 - They will also ask you whether you are experiencing difficulties during quarantine

If your test result was positive, you might receive more than one phone call. Both teams are in close contact with each other, they share information and make sure that the consequences of the infection are limited as much as possible. We understand this might be inconvenient, but your help means a lot in our battle against the coronavirus!

After you have been tested, please take some time to write down the names of the people you've been in contact with. Start from 2 days before your symptoms showed up. If you tested positive without having symptoms, then count 2 days before the positive test result. We would like to thank you in advance for your cooperation!





QUESTIONNAIRE

CORONA QUESTIONNAIRE

who were your close contacts in the past days?

You've just got tested to check whether you have corona.

Did you have **close contact** with people in the past days? Then please fill in the **list of questions** on the following pages. It's important for us to know who you've met, so that we can contact them and tell them what to do in order to stop them from infecting others with the coronavirus. We would like to thank you in advance for your cooperation and for helping us in the battle against the virus.

How to fill in the questionnaire?

Start with today: which is probably the day you started to feel sick and got tested.

- Start with the morning, then the afternoon and then the evening
- Can't remember right away who you've had contact with? Don't worry, you'll probably remind it later on.

Now do the same for yesterday and the day before yesterday

Do you remember people you've had a close contact with more than two days ago? Then also write down their names.

Which contacts to fill in?

- the people you live with: your family or your housemates
- your non-cohabiting girlfriend/boyfriend or partner
- your classmates or colleagues in the same room
- people with whom you've traveled: in the car, on the bus, train, tram, metro, plain, ...
- people you've had contact with for another reason

Will they disclose my name? And that of the people I've met?

No.

Someone from the COVID 19 Contact Tracing Team call centre will phone you. That person may NEVER disclose your name to the police, your family, your housemates, your employer, school, ...

The same applies to the information provided in the questionnaire. The people on the list will not know you wrote down their names.

Will you get a fine if you did not comply with the measures?

No.

We only use the information to phone the people you've had contact with. We tell them what to do to not infect others with the coronavirus. With this investigation we do not check whether you have complied with the measures imposed by the government.

Your GP and the COVID 19 Contact Tracing Team.

QUESTIONS ABOUT CONTACT TRACING?

www.info-coronavirus.be - 0800 14 689 - www.zorg-en-gezondheid.be/contactonderzoek

START HERE 

- (1) housemate: someone from my family or another housemate I live with
- (2) non-cohabiting boyfriend/girlfriend or partner
- (3) someone I traveled with: car, train, tram, bus, metro, plain ...
- (4) healthcare worker: nurse, care giver, doctor, physiotherapist ...

The persons I have had a close contact with today										The day of the test (DATE:/...../.....)							
Surname	First name	Phone number	Please tick one answer: this person is my ...						Please tick: was the contact ...				Healthcare worker? (4)				
			housemate (1)	non-cohabiting boyfriend/ girl-friend or partner (2)	classmate	colleague	someone I traveled with (3)	someone else	within a distance of 1.5 m? yes	no	longer than 15 minutes? yes	no	Did you touch each other? yes	no	yes	no	

The persons I have had a close contact with yesterday										One day before the test (DATE:/...../.....)							
Surname	First name	Phone number	Please tick one answer: this person is my ...						Please tick: was the contact ...				Healthcare worker? (4)				
			housemate (1)	non-cohabiting boyfriend/ girl-friend or partner (2)	classmate	colleague	someone I traveled with (3)	someone else	within a distance of 1.5 m? yes	no	longer than 15 minutes? yes	no	Did you touch each other? yes	no	yes	no	

