When do you need to get tested?

When do you need to quarantine or self-isolate?

**Are you a high-risk contact?** (Have you been in close contact with someone who tested positive for COVID-19?)

- **NO**
- **YES**

Did you spend more than 48h abroad?

- **NO**
- **YES**

Fill in the **Passenger Locator Form** of the FPS Foreign Affairs within 48 hours of your arrival in Belgium.

Do you get a text message after filling out the form?

- **NO**
- **YES**

Get tested ASAP after arrival and on day 7.

If you come back from a red zone or if you were in close contact with someone who tested positive for COVID-19 (= you are a high-risk contact), you need to quarantine. Quarantine is likely to last for at least 10 days after the day the last high-risk contact took place (contact with infected person or trip). You could be infected. Stay at home and do not receive any visitors. Remain vigilant for the following seven days, regardless of the test results. Quarantine can only end when the result of the test on day 7 is negative. Exceptions apply to healthcare staff and security officers.

**Symptoms:**
- cold-like symptoms
- coughing
- shortness of breath
- fever
- sudden loss of taste and smell (without a stuffy nose)
- fatigue

Contact your doctor, get tested and self-isolate while you wait for test results.

Is the test positive?

- **YES**
- **NO**

You do not need to isolate.

You need to self-isolate for 10 days.

- The contact tracing process will start. You will get a phone call to list your contacts.
- If you are using the Corona app: record the time of infection. You will get a unique code. Link this code to your corona test. This way, you can also consult your test results via the app.
- Those living with you and/or any other person you were in close contact with, will have to quarantine. If your last contact was less than 72h ago, they need to get tested immediately and then get a 2nd test on day 7 after the day the last high-risk contact took place. If the last contact was more than 72h ago, they need to get tests on the 7th day after the day the last high-risk contact took place.

**Quarantine**

You need to self-isolate in case of a positive COVID-19 test. Isolation lasts for at least 10 days, from the day you were tested or the start of your symptoms. You can only get out of isolation after the 10 day period, if you do not have a fever for 3 days and your symptoms have clearly improved.

What is the difference between quarantine and self-isolation?

**Quarantine**

If you come back from a red zone or if you were in close contact with someone who tested positive for COVID-19 (= you are a high-risk contact), you need to quarantine. Quarantine is likely to last for at least 10 days after the day the last high-risk contact took place (contact with infected person or trip). You could be infected. Stay at home and do not receive any visitors. Remain vigilant for the following seven days, regardless of the test results. Quarantine can only end when the result of the test on day 7 is negative. Exceptions apply to healthcare staff and security officers.

**Self-isolation**

Always follow the 6 golden rules!

- Respect the hygiene measures
- Outdoors activities should be preferred
- Look out for vulnerable people
- Maintain your distance (1.5 m)
- Limit your close contacts
- Follow the rules about gatherings

(*) You will get the necessary information via the contact tracing process if your details were shared by the person who tested positive.