



Quarantine and testing

If you have had close contact with someone with COVID-19, you may also become ill. You may already be contagious before you start showing symptoms. To avoid spreading the disease without realising it, you must go into quarantine. Get tested immediately to see if you have the coronavirus.

When to quarantine



- If you are a household member of someone who has COVID-19
- If you have had close contact with someone who has COVID-19
- If you have received a report via the CoronaMelder app or from the Municipal Public Health Service (GGD)

When to get tested

Get tested as soon as you go into quarantine, even if you do not have any symptoms (yet).

You can also schedule a test for the fifth day since your contact with someone who has COVID-19.

If you develop symptoms, then get tested as soon as possible.



Test result is negative

If the test result on **day five** is negative for COVID-19, you may be released from quarantine.

Do you have symptoms? Then get tested (again) as soon as possible.



Test result is positive *Go into isolation*

You have COVID-19. Start isolating immediately, even if you do not have any symptoms (yet). Stay home and avoid contact with others. That includes household members. This will prevent you from infecting others.

Avoid contact with vulnerable people

Leaving quarantine early after testing negative? Avoid contact with vulnerable people.



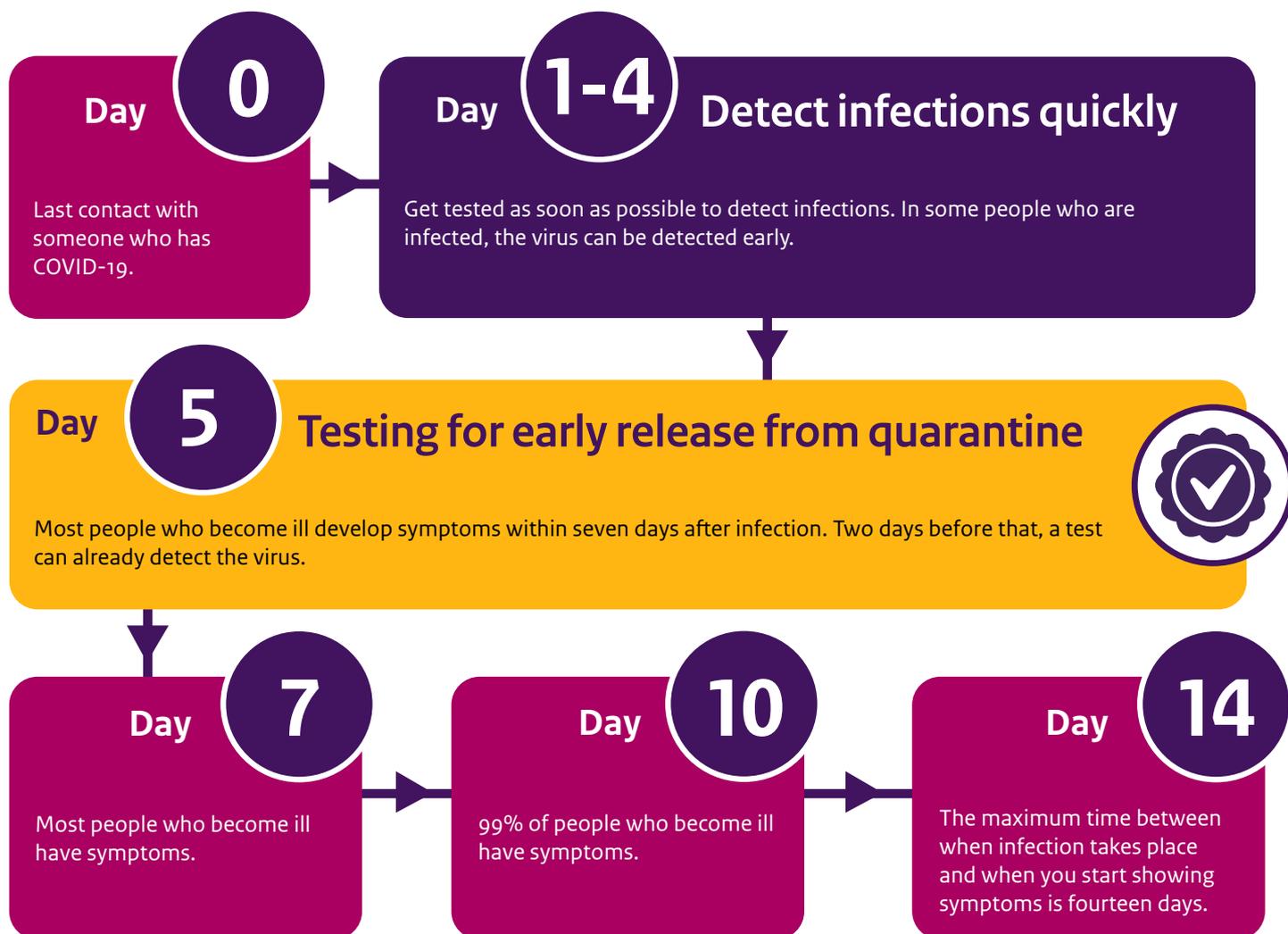
Contact with GGD

Do you have questions or doubts about the contact you had with someone who has COVID-19? Discuss your personal situation with the GGD.



Testing on day five: earlier release from quarantine

The timeline below starts on the day you may have been infected: day 0. If you are infected, you may become ill in the 14 days after that. On day five after the last time you had contact with someone who has COVID-19, you can be tested. If the test result is negative for COVID-19, you can be released from quarantine earlier.



Detecting infections earlier

Testing during the quarantine period will allow us to detect new viral infections sooner. You will know more quickly if you are infected. The GGD can start source and contact tracing more quickly. This is how we will reduce the number of infections and get the virus under control.

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