



## If a test has shown that you have coronavirus, you must go into quarantine

**This means that you must stay at home, to prevent you infecting others.**

**Do not go outside - not even to go to work.**

**Cancel all appointments and talk to friends and family via telephone or online instead.**

### **When can I go out again?**

- This depends on whether you have - or have had - symptoms such as fever, sore throat or cough.
- If you have had symptoms, you can go out again when you have been completely free of symptoms for 48 hours.
- If you have not experienced any symptoms at all and feel that you are in full health, you can go out 7 days after you took the corona test.

### **How do I quarantine?**

- While at home in quarantine, keep a 2-metre distance from those you live with.
- Avoid kissing and hugging.
- Avoid being in the same room for too long, and air out rooms for 10 minutes afterwards.
- Do not sleep in the same room as others.
- Wash or sanitise your hands frequently.
- Clean the surfaces that you touch with your hands every day,

- Such as door handles, remote controls, telephones, computer keyboards and mice, plug sockets, taps, toilets and toys. Use ordinary cleaning products
- Do not share towels with others.
- Get others to help you in collecting your children, doing the shopping, or walking the dog.
- If you get items delivered, have them left outside your door.

Wear a mask if you have to break your quarantine, for example, if you need to go to hospital.