



covid-19

DOCTORS ON CALL

Proudly supported by



**QUARANTINE is for people who are NOT SICK
but are a CLOSE CONTACT.**

**So no going out, no visitors and no test. 14 days
from LAST CONTACT.**

**This is the window period. You might be infected.
A negative test does not change this, 14 days for
everyone.**

**If you get symptoms you start self-isolation (new
14 days).**

NO EXCEPTIONS.

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



**SELF-ISOLATION is for SICK people.
This is if you have symptoms of COVID-19 and
need to stay away from others.**

**You are contagious. Wear a mask at home,
clean surfaces regularly, stay in a ventilated
room.**

**Stay alone. No going out. No visitors. 14 days
from start of symptoms (not from test).**

NO EXCEPTIONS.

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



You are NOT a CLOSE CONTACT if:
You have not had close contact with a positive person
You are a contact of a contact (you are not personally the close contact)
You wore full PPE and did not spend a prolonged period of time in a closed space
You do NOT need to quarantine.

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



You DO NOT need to REPEAT a test after 14 days ISOLATION or QUARANTINE to return to work.

Employers should not ask employees for a negative test to confirm they can return to work.

An employee can return to work 14 days after quarantine.

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



POSITIVE TEST = 100% reliable
NEGATIVE TEST = 0-70% reliable

False negatives are possible and common.
We cannot use a negative test to say you are not infected.

If you are SICK. STAY home.

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



What is CLOSE CONTACT with a POSITIVE person:

Being face-to-face (<1m)

Being in a small room or car/taxi or 15min

Living in the same house or sharing the same kitchen and utensils

Kissing, touching, holding hands or hugging

Someone coughing on you

Assisted by





covid-19 **DOCTORS ON CALL**

Proudly supported by



If you have had CLOSE contact with someone who has been diagnosed with COVID-19, you need to QUARANTINE for 14 DAYS.

Simple.

Assisted by





covid-19 **DOCTORS ON CALL**

Proudly supported by



We will all be exposed to COVID-19 the next few months:

Stay alert: the more contact we have the sooner we will be exposed

Stay healthy: keep your other medical conditions under control

Stay calm: more than 85% of people only have mild illness

Assisted by





3 D's to stay safe from COVID-19

Keep your DISTANCE, avoid close contact
Reduce the DOSE you might get, wear your mask and wash hands
DISPERSE the virus, open windows and stay outdoors

Assisted by





covid-19 DOCTORS ON CALL

Proudly supported by



**If you are SICK,
STAY home.**



Assisted by





covid-19 **DOCTORS ON CALL**

Proudly supported by



**If you are a CLOSE CONTACT or you
are SYMPTOMATIC
Stay home.**

No test needed for this.

**It will not change anything.
14 days.
Simple.**

Assisted by

