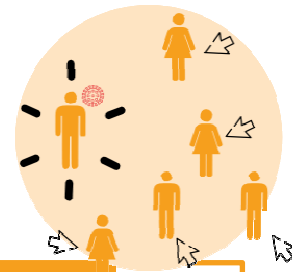
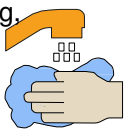


# Preventive isolation for suspected cases of COVID-19 until PCR results are available



## Which measures should I take while waiting for the results?

- / Stay **home. Avoid social contact.**
- / Stay in a **single bedroom** and leave it as little as possible.
- / **Wear a mask** if you must leave the room.
- / **Avoid contact** with the people living with you.
- / **Wash your hands often** with soap and water or with hand sanitizer, especially after coughing, sneezing and touching objects or surfaces.
- / Remain **available.**



/ **Do not take over-the-counter drugs** such as paracetamol or ibuprofen without having discussed it with your healthcare professional, as they may mask possible symptoms.

/ **Follow up on and monitor your symptoms** twice a day, using the **STOP COVID19 CATapp**.

/ Keep the room **well ventilated.**

/ **Wash your clothes** separately from the rest, at 60 °C or more.



## How will I know my PCR results?

/ You can check the **results of the test** through **La Meva Salut** in a deadline of **48-72 hours** after the sample was taken.

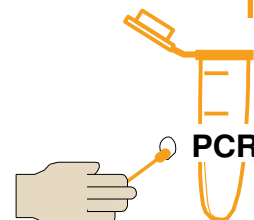
If you still **do not have access** to **La Meva Salut**, you can register an account through the following form:

► [lamevasalut.gencat.cat/alta](https://lamevasalut.gencat.cat/alta)

/ If you need to process sick leave, go to **La Meva Salut** and open an **eConsultation** with your healthcare professional.

## What should I do if my PCR results are negative?

/ If the **PCR is negative**, your healthcare professional may decide to end your preventive isolation or to continue to monitor your symptoms.



## What should I do if my PCR results are positive?

/ If the results of the **PCR are positive**, you must remain **isolated at home.** This information **will be provided to you (by phone or SMS)** as soon as the results are available.



/ **Remember: early detection** of people with **COVID-19** and **rapid identification and isolation** of close contacts is **essential to keep the pandemic under control.**

**We cannot grow complacent. Let's avoid another outbreak!**



For more information, please visit [canalsalut.gencat.cat/coronavirus](https://canalsalut.gencat.cat/coronavirus)



**Generalitat  
de Catalunya**

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