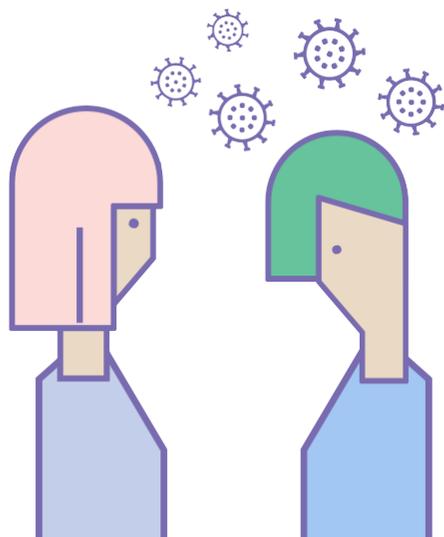## Why is it so important to detect COVID-19 cases and close contacts early?

/ Early detection of **people with COVID-19** and rapid identification and isolation of **close contacts** is essential to **cut transmission chains and avoid possible new outbreaks.**

/ Furthermore, this can be used to **follow up on symptoms** and to suggest **preventive isolation**, as well as to carry out **diagnostic tests** to detect possible **asymptomatic COVID-19 cases.**

What is a close contact?

/ **Close contacts** are people with whom **space has been shared** at a distance of **less than 2 metres**, **for over 15 minutes, without wearing masks** and over the course of the **48 hours prior** to the beginning of symptoms.

Health resources available to you

Register at the **La Meva Salut** digital healthcare space:

La meva /Salut

▸ through this form
lamevasalut.gencat.cat/alta

If you have symptoms, you should:
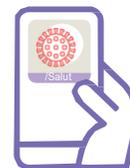
▸ get in touch with your **primary care centre,**

▸ call **061** /Salut Respon or

▸ make an eQuery through

La meva /Salut

Follow up on symptoms:

▸ download the app
STOP COVID19 CAT

Look after your emotional health:

▸ by following this link:
GestioEmocional.cat

For more information please visit
canalsalut.gencat.cat/coronavirus

Generalitat de Catalunya

/Salut

Let's cut the **transmission chain** of **COVID-19:**

early detection of cases and follow-up on **close contacts**

/Salut

What should I do if I have COVID-19 symptoms?

/ If you have a fever, cough or shortness of breath, general malaise, diarrhoea or vomiting, you should:

▶ **get in touch with your primary care centre,**

▶ **call** **061**/Salut Respon

▶ **or make an eQuery through** La meva /Salut

/ Your **general practitioner** will **assess your symptoms** and, **if required, will carry out a diagnostic test.**

La meva /Salut

/ You can check your results on **La Meva Salut.**

What should I do if I am a suspected case?

▶ **If you are a suspected case**, you should identify the people you have been in contact with over the 48 hours prior to the beginning of symptoms or carrying out the test.

▶ You can do so using the **Gestor/a COVID** or by using the **ContacteCovid.cat** keys that will be sent to you via SMS.

What if I am confirmed to have a case of COVID-19?

/ If you test **positive for COVID-19**, you will be notified via your **health centre**. You will also receive an **SMS** from **ContacteCovid.cat**, from where you can report your close contacts, follow up on symptoms, learn about how to self-isolate at home and request sick leave, if required.

/ **Healthcare professionals** will also provide you with follow-up and information.

/ The results for your tests will be available at **La Meva Salut.**

1 / You must report your Close contacts through the **COVID managers** and/or through the **ContacteCovid.cat** tool.

2 / You should **self-isolate at home** as per the healthcare professionals' instructions. You will be provided with information on how to do so.

3 / You should **follow up on and monitor your symptoms twice a day** through the **STOP COVID19 app**. If you cannot use the app, you should **take your temperature twice a day.**

4 / If your symptoms worsen, **call 061** or get in touch with your **healthcare professional** through the **eConsultation at La Meva Salut.**

5 / If you **need to request sick leave,** you can do so through an eConsultation at La Meva Salut.

La meva /Salut

What happen if I am a close contact?

/ You will be notified that you are a **close contact** of someone with COVID-19 via a **phone call** and an **SMS** from the ContacteCovid.cat tool.

/ You should **preventively self-isolate for 10 days after** contact with the diagnosed case, **regardless of whether you are positive or negative**.

/ We will get in touch with you to schedule a **diagnostic test.**

/ You should **follow up on your symptoms** through the **STOP COVID19 CAT app twice a day.**

/ **If you have any symptoms**, you should:

▶ **get in touch with your primary care centre,**

▶ **call** **061**/Salut Respon

▶ **Or open an eConsultation on** La meva /Salut

/ **If you are working** and cannot do so **from home,** You will receive information on how to request **sick leave.**

/ If you have not displayed any symptoms **by the end of your self-isolation,** your **healthcare professional** will tell you when you can return to your normal lifestyle.

! **Remember: detection, rapid identification and isolation of close contacts is essential to keep the pandemic under control.**