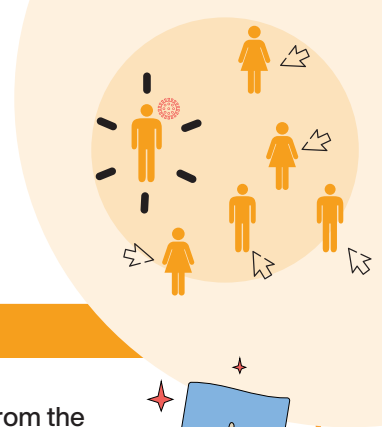


Isolation for close contacts and positive COVID-19 cases



What should I do if I'm a close contact or positive case?

/ **Isolate** in a single bedroom.

/ Try **not to leave the room** and, if you absolutely must, both you and the people living with you should **always wear a mask**.

/ **Wash your hands often** with soap and water or hand sanitizer, especially after coughing, sneezing and touching objects or surfaces.



/ **Wash your clothes** separate from the rest and at 60° or more.

/ **Clean the bathroom after each use** if you do not have a separate bathroom for yourself.

/ It is important that you **remain reachable**.

/ **Follow up and monitor your symptoms** twice a day through the **STOP COVID19 CAT app**.

/ **Air out the room** thoroughly (for 10 minutes, 3 times a day).



When will I know my results if I undergo a diagnostic test?

/ If you have been tested for COVID-19, you can check your **test results** through **La Meva Salut** within **48-72 hours** after the sample was taken.

/ If the test was a rapid antibody test, you will get your results in **20 minutes** at the testing location.

/ If you still **don't have access to La Meva Salut**, you can register through the form below:

► lamevasalut.gencat.cat/alta



What should I do if my test results are negative?



/ If your **diagnostic test is negative**, you should **still undergo preventive isolation for 10 days** as this is the longest incubation period for the virus.

/ **Monitor your symptoms** and, if any appear, get in touch with your GP through the **La Meva Salut eConsultation**.

If your symptoms are **severe**, call **061** directly.

What should I do if my test results are positive?



/ If your **diagnostic test is positive**, you must remain in home isolation.

/ You will find complete information on how to do so here: http://canalsalut.gencat.cat/web/.content/_A-Z/C/coronavirus-2019-ncov/material-divulgatiu/consells-aillament-domiciliari.pdf

/ **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



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