

Know how to master Covid-19 rules

Depending on whether you are vaccinated, positive, low risk, etc., your daily life will be impacted, or not, by the new rules in **Belgium**.

Oscar D'Alayer | 8th of February 2022 | 15:37



<https://images.lecho.be/view?id=Elvis:9GKnKjmk7589RPlsiOtG2&context=ONLINE&ratio=16/9&width=1024&u=1643882007000>

The arrival of the Omicron variant was an explosion of contagiousness resulting in lots of positive cases. All these positive cases bring in high-risk contacts who may have been infected.

New strategies have been implemented by the political authorities to ensure that this **does not entirely paralyze society** (schools, businesses, healthcare teams, etc.) **or testing centers**. As a result, the **rules for quarantine, isolation, and testing** have been altered. Adaptation is not synonymous with simplification. Here are the new rules, which go into effect on Monday, January 10th.

Isolation and quarantine, is it the same thing?

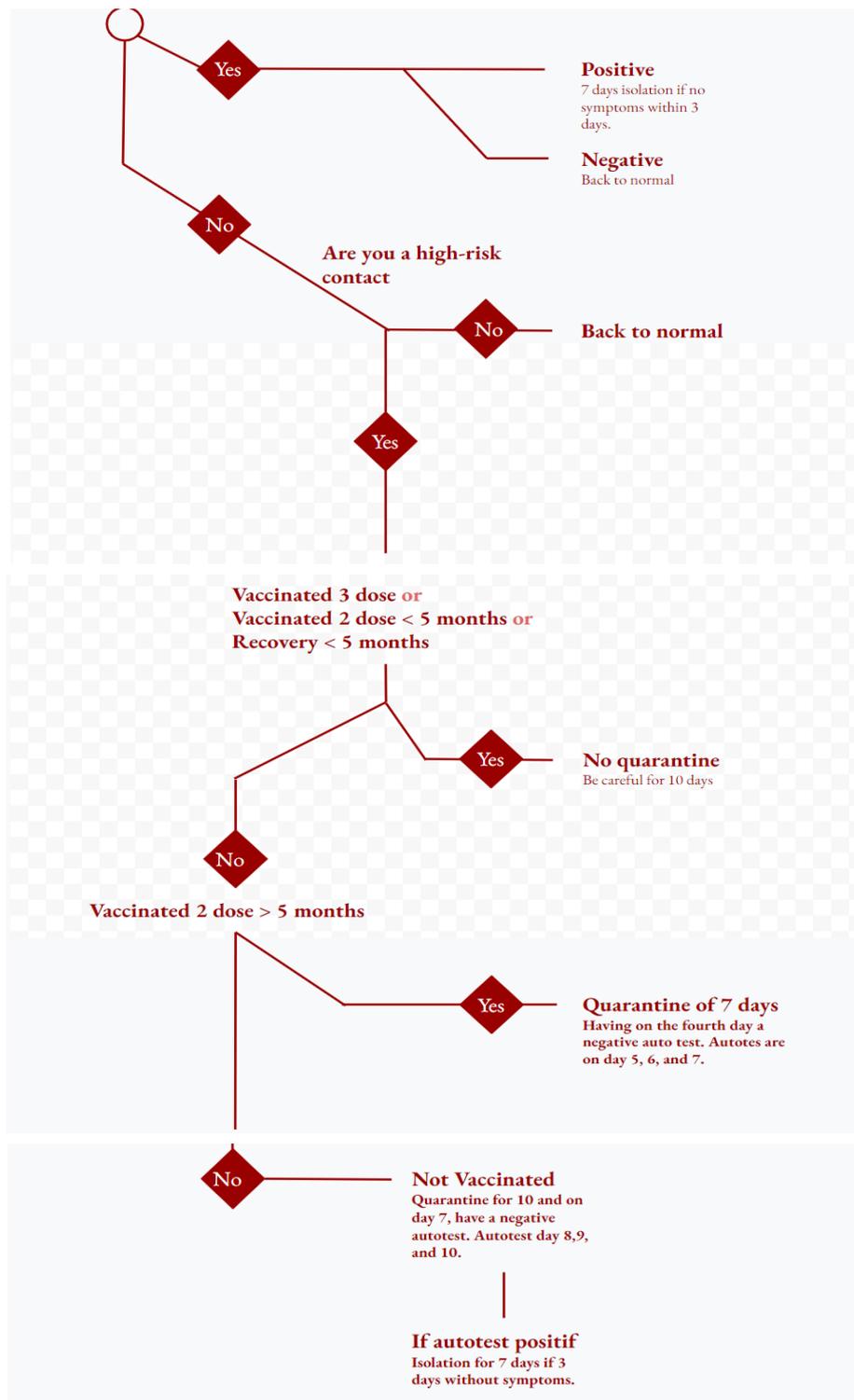
Isolation is reserved for those who have **tested positive** for Covid-19. If they exhibit symptoms, they are given a **medical certificate of incapacity for work with forbiddance to exit**. They are given a **quarantine certificate** if they show no symptoms (exit from quarantine prohibited unless otherwise established by a doctor).

People who have been in **touch with the virus but have not (yet) developed the sickness, such as high-risk contacts and travelers, are subject to quarantine**. They must obey strict guidelines by **remaining at home as much as possible** (for example, not going to their place of work). They should consult their doctor if they experience any symptoms.

Have you tested positive but only experienced slight symptoms or none at all?

People who test positive for covid but have little or no symptoms **must spend seven days in isolation (from the positive test)**. They can then be discharged if they **have not had a fever in three days and their condition has improved**. They must, however, **wear the mask indoors for three days and minimize their interaction**.

Because **children under the age of six** cannot wear a face mask, those who test positive for **covid must be held in solitary confinement for ten days**.



Made By Oscar D'Alayer on Google Drawing. **No Plagiarism Did happen**

<https://docs.google.com/drawings/d/1nlqCHipya-1iyP-U0NpRvRAc530Rt2Zvq1crNp2y0g8/edit>

What factors determine the length of the quarantine?

We must distinguish three categories when it comes to high-risk contact quarantines, depending on **whether you are fully vaccinated, partially vaccinated, or unvaccinated.**

People who have had their **booster or received the basic vaccination more than two weeks but less than five months** ago are considered fully vaccinated high-risk contacts. For those under the age of 18, this refers to those who have been vaccinated for at least two weeks.

The "**partially vaccinated**" received a basic vaccination at least five months ago and have yet to receive a booster.

Do you have the whole of your vaccinations and are you a high-risk contact?

Whenever a vaccinated person has had a high-risk contact, they should not quarantine, but they should wear a mask indoors at all times and observe social distancing for 10 days. **They will be required to take a test if they exhibit symptoms (PCR or rapid antigen).**

You have not been boosted, but your cohabitants are positive?

If your self-test is negative and you are a high-risk contact who is "partially vaccinated," **you must stay in quarantine for at least 3 days**. Then, **from day 4 to 7, you will take a self-test** (and a rapid PCR or antigen test in case of symptoms).

Your quarantine period is 7 days if you don't do a self-test.

Avoid social contact as soon as you are released from quarantine, wear a mask indoors at all times, and keep a **safe distance until the 10th day**.

What risk are you taking if you are an unvaccinated high-risk contact?

Non-vaccinated high-risk contacts **must stay in quarantine for six days if their self-test is negative**, then undergo a **daily self-test between the seventh and tenth days**, while keeping the mask on and keeping the distances in mind.

Non-vaccinated people who do not pass the self-test will be **quarantined for 10 days**.

If you have symptoms, you should get a PCR test or a rapid antigen test.

How do you know if you are at a high or low risk?

Contacts are considered **high risk** when they have met a positive person for at least 15 minutes and have done so face to face at a distance of less than 1.5 meters.

Cohabitants are among them.

Low-risk contacts have only had a cursory interaction with a positive case. If the mask is used properly and the classroom is well ventilated, elementary school children are also at a low risk. Similarly, children are **not required to wear masks in kindergarten**.

What do you need to know if your children are in primary or secondary school?

The lesson was completely retaught in the present. From the age of six, wearing a mask is required at school.

The Ministry of Health has decided to make it mandatory to close a **class if it has four children infected with the coronavirus**. However, the decision to close a class in a specific location can still be made, either by the school's health promotion services or by the administration based on terrain realities.

Contrary to current law, **children will no longer be required to be placed in quarantine** if they have had a high-risk contact in their family. They will be able to continue attending school or childcare as long as they are free of symptoms and have passed a positive test.

It is recommended that parents give their children a **self-test** once a week.