

SHAPE and Brussels - Update 1 Oct 20

What to Do if you have Symptoms of COVID-19

If you have any of:

- **Fever**
- **Cough**
- **Shortness of breath**
- **Loss of, or change in, your normal sense of taste or smell**

You should...

1. **ISOLATE** for 10 days. Household members must also isolate for 14 days. Recommendation may change following clinical assessment and test result.
2. **CONSULT** your UK healthcare provider. DO NOT attend a Facility in person.

During working hours: Call UK medical centre **+32 65 44 5824**. A clinician will call you back to arrange assessment and test.

Out of hours: If you are well with mild symptoms call the medical centre in the morning. If you need advice OOH call HEALIX **+44 208 4817800**. They will direct you to a route of assessment as required.

3. **INFORM** your **line manager** and the NSE of your absence (or WFH). They may ask you to identify your movements prior to having symptoms to allow them to work with Prev Med on contact tracing should you test positive.







Working hours: NSE (who will inform COVID Ops)

Out of hours: European Duty Field Officer on **+32 479 911075**








4. **TRACE** If advised to phone the Prev Med team at SHAPE to initiate contact tracing the numbers are: +32 65 325336 or OOH +32 47 6760327.

If you are advised to isolate

Isolate yourself




-  **Stay in your home or accommodation**, do not go to work, school or other public areas
-  **Separate yourself** from others in your home or accommodation
-  **Do not have visitors** in your home or accommodation
-  Use **separate facilities** if sharing, these should be cleaned before use by others
-  Have food, medication & other supplies **delivered to you**
-  **Try to keep away from your pets.** If unavoidable, wash your hands before & after contact

Prevent the spread of infection




-  **Cover** coughs & sneezes with a tissue
-  Place the tissue in a **bin**
-  Wash your hands with **soap & water**
-  Use **separate household items** like towels, bedding, toothbrushes, cups & dishes
-  **Wear a mask** when you are around others, if you have been told to do so
- Wash hands with soap & water:**
 -  Before cooking & eating
 -  After using the toilet

Take care of your health & wellbeing

For those with symptoms of infection:

-  Get plenty of rest until you feel better
-  Drink enough fluids so that you pass urine regularly
-  Take paracetamol as advised, to reduce pain & fever

For everyone in self-isolation:

-  Keep in contact with friends & family by phone, video & online
-  Carry on hobbies & interests within your home if you are able to
-  Take regular exercise within your home if able

For up to date advice for people living in Belgium visit:

<https://www.info-coronavirus.be/en/>