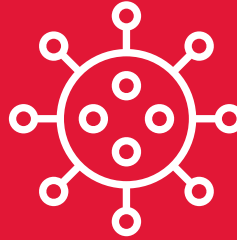


# Recommendations after a Covid-19 test



## I've been tested for Covid-19. WHAT HAPPENS NOW?

1

### Stay home, waiting for the result.

It will first be sent to you quickly by a text on your cell phone.



2

### Follow the instructions of the Federal Office of Public Health (FOPH)

about **self-isolation for you**  
**and self-quarantine** for your close contacts [www.bag.admin.ch](http://www.bag.admin.ch) (Coronavirus/What to do in the event of symptoms and possible infection/Isolation and quarantine).



## RECOMMENDATIONS



### IF YOUR RESULT IS NEGATIVE



You will quickly get the result by text on your cell phone.



You won't be called.



### IF YOUR RESULT IS POSITIVE



The text on your cell phone reports a positive test for COVID-19.  
**STAY HOME IN ISOLATION.**



The health authorities will contact you by text on your cell phone or call you to get information on your close contacts and provide necessary recommendations.

### In case your symptoms worsen :

for example, you develop a high fever or respiratory problems, contact:



your  
doctor



the on-call  
medical service :

**0900 144 033**

(Fr. 0.50/call + Fr. 2./min – max. cost Fr. 30.50)



in case of a  
life-threatening  
emergency call

**144**

# What is the difference between QUARANTINE AND ISOLATION?



## What does "quarantine" mean?

**Contact quarantine** only concerns your close contacts if your test is positive. These are the people sharing your household. For reasons of efficiency, the close contacts that you have identified should be initially warned by you. The Contact Tracing team will contact you as soon as possible. Fully vaccinated or recovered persons are exempt from quarantine.

In case of problems or questions, you or your relatives can write to [quarantaine.covid19@psvalais.ch](mailto:quarantaine.covid19@psvalais.ch) or call +41 58 433 0144.

The **travel quarantine** is subject to change depending on the epidemiological situation. We suggest that you consult the FOPH website, Travel section. More information on [www.bag.admin.ch](http://www.bag.admin.ch) (document instructions on quarantine).



## How long does quarantine last?

It lasts for **5 days**, beginning the day following the last contact with a person positive for COVID-19. During this period, persons in quarantine have to watch their symptoms. If some symptoms appear, they must be tested for COVID-19. The quarantine ends after **5 days** if no symptoms have appeared.



## What does "isolation" mean?

Isolation concerns persons positive for COVID-19. They must stay at home, avoid as far as possible any contact with other people and follow the instructions on isolation on the FOPH information sheet. ([www.bag.admin.ch](http://www.bag.admin.ch)).



## How long does isolation last?

- **If the test is positive:**  
The text from the health authorities will inform you to remain in isolation for **5 days**, beginning the day after symptoms onset. After these **5 days**, isolation can be discontinued only if no symptom are present (or if they markedly improved) for at least 48 hours.
- **If the test is negative**  
and you have symptoms consistent with coronavirus: remain in isolation up to 24 hours after the symptoms have disappeared unless you are already in quarantine due to contact with a person who has tested positive for coronavirus. In this case you must remain in quarantine until the **5th day** (follow the instructions of the Cantonal Communicable Disease Unit sent by text on your cell phone).

