

Why is early detection of COVID-19 cases along with locating your closest contacts so important?

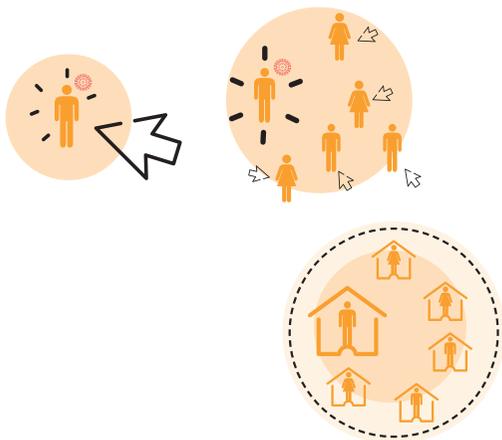
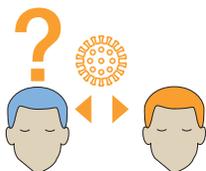


/ With the **end of confinement**, **situations involving social contact** expand and therefore **the risk** the virus spreading **increases**.

/ In order to **cut the transmission chain and prevent possible new outbreaks**, it is essential to **detect and isolate cases of COVID-19**, as well as **identifying and monitoring** people with whom you have recently had a **close contact** so they start an **isolation period** while their symptoms are **followed up**.

What is a close contact?

/ **Close contacts** are those people with whom **you shared space for less than 2 meters for more than 15 minutes in the 48 hours before the onset of symptoms**.



Health resources at your disposal

Sign up at the digital health space **La Meva Salut**:



- ▶ Through the following application form: canalsalut.gencat.cat/lamevasalut-registre
- ▶ or calling **900 053 723** (from Monday to Friday, from 8 AM to 8 PM)

If you have any symptoms:

- ▶ Contact your **centre d'atenció primària**,
- ▶ Call **061/Salut Respon**
- ▶ Or make your eEnquiry at

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Follow up any symptoms:

- ▶ Download the following App: **STOP COVID19 CAT**
- ▶ Or access through the following link: covid19xat.catsalut.cat

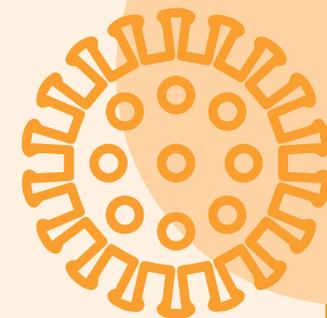


Take care of your emotional health:

- ▶ Access through this link: GestioEmocional.cat



For more information, see canalsalut.gencat.cat/coronavirus



Cut the COVID-19 transmission chain:

early detection of cases and close contacts follow up

What shall I do in case I have COVID-19 symptoms?



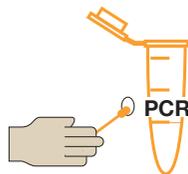
/ If you have a fever, cough, shortness of breath, general discomfort, diarrhea, or vomiting, you should:

▶ **Contact your Primary Care Center,**

▶ **Call 061/Salut**
Respon

▶ **Or make your eEnquiry at** La meva /Salut

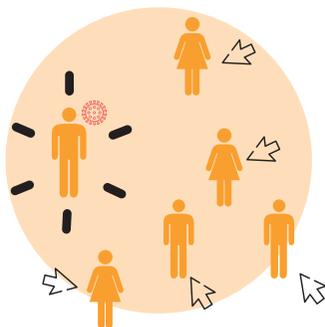
/ Your doctor **will evaluate the symptoms** and, **should it be necessary, he/she will administer a PCR test to you.**



You will be able to consult your results through the **La Meva Salut App.**

▶ You must **identify** and report on any persons with whom you may have had a **close contact** for the **48 hours prior** to the symptoms.

▶ You will be able to do so along with your **healthcare professional** or through the **form** You'll receive via SMS message or by e-mail.



What shall I do in case I am a confirmed COVID-19 case?



/ If you test **positive in COVID-19**, you'll get a **SMS message and an e-mail or an information call** with instructions on what you have to do.



1 / You shall **review and fill in the information** we send to you **related to your close contacts**. In case you still didn't start with it, **you should identify** your close contacts.



2 / **You should do home isolation** until your healthcare provider tells you to, and you will be told how to do it.



3 / Do a **thorough follow up of your symptoms twice a day** through the app **STOP COVID19 CAT**, which is directly connected to your care center.



4 / In **case it is necessary** to process the **leave of absence**, you can do so through the **La Meva Salut App**, featuring the **eConsulta (eEnquiry) service** that will allow you to directly contact your healthcare professional.



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What happens if I am a close contact?



/ You will receive a **phone call or an SMS** confirming you are a **close contact** of a diagnosed person, and it will tell you **what steps you'll have to take.**

/ You will have to **confine yourself for the 14 following days** after your last contact with the diagnosed infected person.



/ You shall **follow up your symptoms** through the **App STOP COVID19 CAT, Twice a day.**



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

▶ **Contact your Primary Care Center,**

▶ **Call 061/Salut**
Respon

▶ **Or make an eEnquiry through** La meva /Salut

/ **If you are working** and you can't do this **from home**, you will get information on how to proceed with your **leave of absence.**

/ **If after your confinement is over** you have had no symptoms, you'll get a message or a call by which you'll be informed that you can **go back to your usual routines.**



Remember: detection, early identification and the confinement of close contacts is fundamental to stay in control of the pandemic.