

What is defined as close contact with Covid-19:

1. cohabitation in one household with a patient with COVID-19;
2. direct physical contact with a patient with COVID-19 (e.g. handshake);
3. direct unprotected contact with infectious secretions of a patient with COVID-19 (e.g. when sneezing, touching handkerchiefs used by the patient with bare hands);
4. direct (face-to-face) contact with a patient with COVID-19 at a distance of up to 2 meters and duration over 15 minutes;
5. stay in a closed room (e.g. classroom, hospital room, meeting room and etc.) with a patient with COVID-19 for ≥ 15 minutes and at a distance of at least 2 meters;
6. a medical specialist or another person providing direct care for a patient with COVID-19 or laboratory personnel processing clinical samples of a patient with COVID-19 without the recommended personal protective equipment or with any damaged integrity of personal vehicles;
7. travel in an airplane close to a person with COVID-19 (up to two seats in all directions), travel companion or care specialists, members of the crew serving the sector where the patient sits (if the severity of symptoms in the patient or his movement / movement indicates greater close contact exposure can be determined by other or all passengers in aircraft).

Note that all close contacts of a confirmed case of COVID-19, at the discretion of an epidemiologist from the Regional Health Inspectorate (RHI), are quarantined at home or otherwise place for accommodation and medical supervision for a period of 10 days, starting from the last contact with the sick person. Health monitoring of each contact person is performed by the general practitioner or the relevant RHI.

You can use the mobile application for citizens, in which everyone can reflect **their health status (Virusafe)**. The application supports notification to GP and up-to-date information about the health condition of the persons.

Available for free on [Google Play](#) and [the App Store](#).

Keep in mind that in the event of flu-like symptoms (increased body fever, chills, cough, difficulty breathing, loss of smell, disturbance or loss of taste and others) **you need to contact your GP by phone**, the medical establishment that serves the accommodation you are in, or, if you do not fall into the above two categories - with the RHI under location where you will receive directions according to your individual case.

Research procedures depend on whether you are a first or second contact person line, whether you suffer from chronic diseases, whether you fall into the risk category of persons over 60 years of age, whether you are a medical person.

Testing for the new coronavirus is not carried out at the request of citizens, but after assessment of the RHI or the medical institution where the patient is hospitalized.

Optional testing can be done in a private laboratory.

* the information is on the National Information Portal

