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. You’ll then receive it by mail within 2 to 3 days.

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 (Coronavirus/What to do in the event of symptoms and possible infection/Isolation and quarantine).

IF YOUR RESULT IS NEGATIVE

You will quickly get the result by text on your cell phone and then at home by mail within 2 to 3 days.

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.

Your result will also be sent to you by mail within 2 to 3 days.

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 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).

How long does isolation last?
• If the test is positive:
The text from the health authorities will inform you to remain in isolation for 10 days, beginning the day after symptoms onset. After these 10 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 10th day (follow the instructions of the Cantonal Communicable Disease Unit sent by text on your sell phone).

What does “quarantine” mean?
Quarantine only concerns your close contacts if your test is positive. These are the people sharing your household and those with whom you have been in contact with for more than 15 minutes (once or cumulatively on several occasions) at a distance of less than 1.5 metres without wearing a mask during your contagious period (from 2 days before your symptoms onset to the end of isolation). 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. In case of problems or questions, you or your relatives can write to quarantaine.covid19@psvalais.ch or contact the cantonal hotline at +41 58 433 0144.

How long does quarantine last?
It lasts for 10 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 10 days if no symptoms have appeared.