

Information for people who have been in contact with someone infected with coronavirus (COVID-19)

Dear Sir or Madam,

You are receiving this letter because you have been in contact with someone who has coronavirus (COVID-19).

You must monitor your health carefully for 14 days.

You may be infected with coronavirus.

You may develop symptoms such as:

- a cold (blocked or runny nose, sneezing, sore throat);
- cough;
- sudden loss of smell and taste;
- shortness of breath;
- high temperature or fever.

You must monitor your health carefully for 14 and do the following:



- Wash your hands regularly with soap and water. Always wash your hands:
 - after coughing or sneezing;
 - after going to the toilet;
 - after cleaning and tidying;
 - before eating and cooking.
- Cough into a paper handkerchief. If you do not have a paper handkerchief, cough into your elbow.
- Use a paper handkerchief only once, and dispose of it in a waste bin after use. Wash your hands afterwards.

Keep your distance



- Stay away from busy places.
- You must stay at least 1.5 metres away from other people.
- Work from home as much as possible.

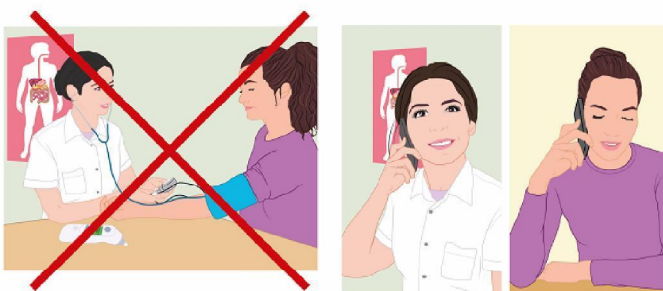
If you notice symptoms



- If you develop coronavirus-like symptoms, call the Municipal Health Service (GGD). You will be tested for coronavirus if necessary. You must stay at home until you receive the results.
- Coronavirus may cause the following symptoms:
 - cold (blocked or runny nose, sneezing, sore throat);
 - coughing;
 - sudden loss of smell and taste;
 - shortness of breath;
 - high temperature or fever higher than 38 °C.



If you think you have a fever, take your temperature with a thermometer. You can take your temperature rectally or in your ear. You have a fever if your temperature is 38 °C or higher.



If you are seriously ill and need medical attention, do not visit your GP or the hospital, but call your GP immediately.

If you have not had any symptoms after 14 days, follow the general coronavirus measures. Visit www.government.nl for more information.

If you have any questions, Call the Municipal Health Service (GGD) or read the coronavirus information on www.government.nl