

## **Information for people living with someone infected with coronavirus (COVID-19).**

Dear Sir or Madam,

You are receiving this letter because you live with someone who has coronavirus (COVID-19).

This letter contains important information;

read it thoroughly.

You must stay at home for 14 days, as you may be infected with coronavirus. Although you may not currently have any symptoms, you could already be infectious.

This letter provides rules to which you must adhere. These can be found under the heading **Rules**.

This can be hard at times.

The person you live with who has coronavirus will receive a separate letter with information.

Everyone who lives with you must stick to the rules to prevent the spread of the virus.

## Rules in the event someone you live with has coronavirus

### Stay at home and do not receive any visitors



- You are not allowed to go outside, to school or to work.
- Have someone else do your shopping for you.
- If this is not an option, you are allowed to go outside briefly to buy groceries. This is only allowed if you do not have any symptoms. Stay 1.5 metres away from others and do not touch anyone.
- You are allowed to sit in your garden or on your balcony.
- You are not allowed to receive any visitors, except for medical reasons (e.g. GP, GGD, etc.).
- Only people who live with you are allowed to be in your house.



- If you need medical attention for complaints unrelated to coronavirus, do not visit your GP or the hospital. Call your GP first. Explain that you have to stay at home due to coronavirus.
- Stay at home if you have any symptoms. In that case, call the Municipal Health Service (GGD).
- Once you are allowed to go outside again, you must follow the general coronavirus measures. Visit [www.government.nl](http://www.government.nl) for more information.

## Pay attention to health complaints



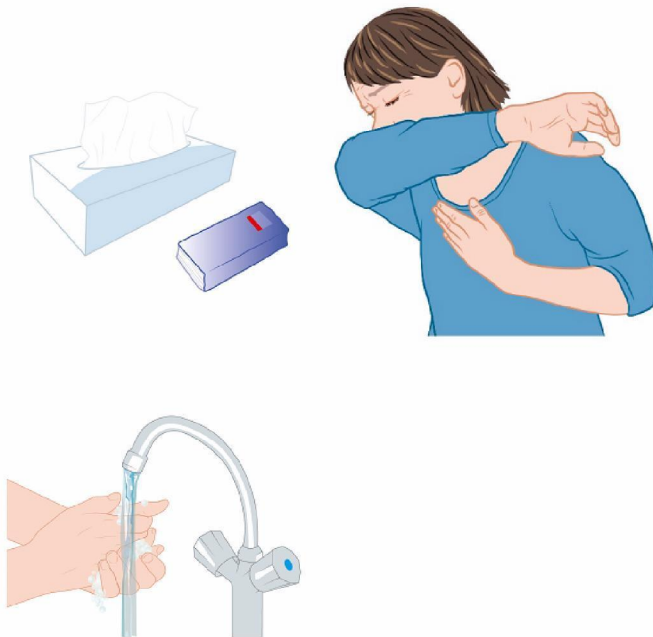
- If you have any coronavirus symptoms, call the GGD. You will be tested for coronavirus if necessary.
- Coronavirus may cause the following symptoms:
  - cold (blocked or runny nose, sneezing, sore throat);
  - coughing;
  - sudden loss of smell and taste;
  - shortness of breath;
  - high temperature or fever higher than 38 °C.
- If you are seriously ill and need medical attention, do not visit your GP or the hospital. Call your GP immediately.
- 
- The GGD will call to check up on you after one week and again after two weeks.
- 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 there are children living with you, monitor them daily for symptoms.

## How should I deal with the person who has coronavirus?



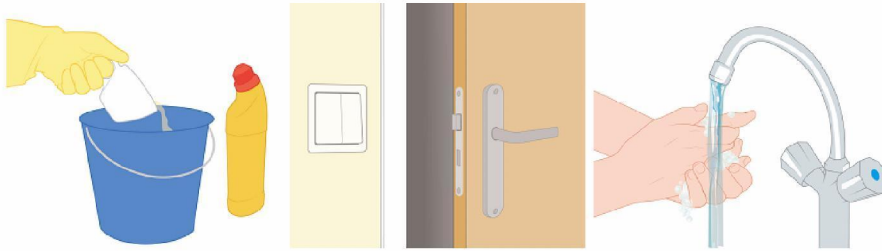
- Sleep separately from each other, in a different room if possible.
- Try to avoid the infected person's room as much as possible.
- You should stay away from your housemates as much as possible.
- You must stay at least 1.5 metres away from the person who has coronavirus. That means no hugging, no kissing, and no sex.
- If you are close to the person with coronavirus for more than 15 minutes, you will have to stay at home for another 14 days.
- Do not use the same utensils, plates, cups and glasses as the infected person.
- Do not use the same toothbrush as the infected person.
- Use a different toilet and bathroom than your housemates if possible.
- Clean the bathroom and toilet every day.
- Also clean the faucet, light switches and doorknobs. Wash your hands with soap and water afterward.
- Open a window in the rooms you are in for 30 minutes several times a day to let fresh air in.

## Cough and sneeze into your elbow and wash your hands



- 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 house clean



- Clean the things you use a lot every day, such as bedside tables, doorknobs and light switches.
- Clean with regular detergent first,
- then wipe down everything you touch frequently with bleach. This includes things like the toilet flush button, doorknobs and light switches.
- Use a bucket with 5 litres of water, mixed with 125 ml of bleach. Bleach can be found in the supermarket.
- Put the cleaning cloth in the laundry right after use. Wash the cloth at 40 °C or hotter.
- Wash your hands with soap and water afterward.

## Keep things clean

- Make sure nobody comes into contact with your faeces, saliva, mucous, sweat or urine.
- The infected person's dirty laundry should be stored in a separate basket.
- Set your washing machine to 40 °C or hotter.
- Select a full washing cycle and use regular laundry detergent.
- Wash your dishes in the dishwasher on an extended cycle.
- If you do not have a dishwasher, wash the infected person's dishes with detergent and hot water separately from other dishes.
- Have the infected person dispose of their waste in a separate waste bag in their own room. The bag can be thrown out with the regular waste.

-