

## **Information for people who have been near someone infected with coronavirus (COVID-19)**

Dear Sir or Madam,

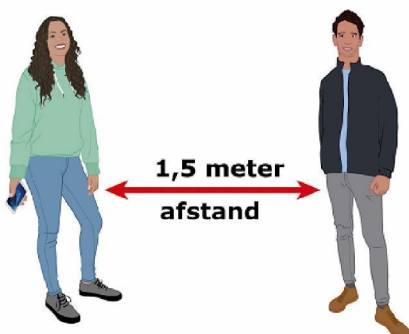
You are receiving this letter because you have been near someone who has coronavirus (COVID-19). This letter contains important information; read it thoroughly. You must stay at home for 14 days, as you may be infected with coronavirus. Although you may not currently have any symptoms, you could already be infectious.

This letter provides rules to which you must adhere. This can be hard at times. You must stay at home for 14 days to prevent the spread of the virus.

If you have any questions, call the Municipal Health Service (GGD) or read the coronavirus information on [www.government.nl](http://www.government.nl)

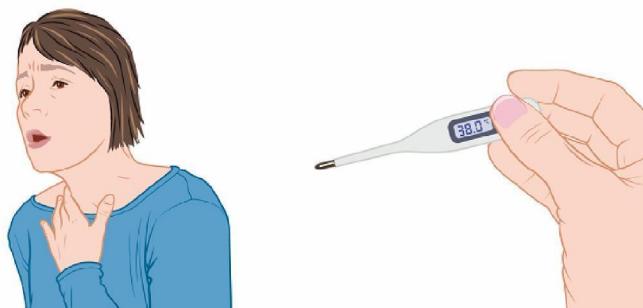
## Rules

**Stay at home as much as possible and do not receive any visitors**



- You must work from home and may not use public transport.
- Children up to 13 years old are allowed to go to school and/or sports.
- 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. You should stay away from your housemates—at least 1.5 metres—as much as possible. That means no hugging, no kissing, and no sex.
- If you need medical attention, do not visit your GP or the hospital. Explain that you have been near someone who has coronavirus.
- You must stay at home for 14 days after being near someone infected with coronavirus.
- Once you are allowed to leave your house again, 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. 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 are seriously ill and need medical attention, do not visit your GP or the hospital.
- 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.
- The GGD will call to check up on you after one week and again after two weeks.

## 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.

## Do you work in healthcare?

As a healthcare worker, you are allowed to go to work if the GGD or the company doctor has given you permission. This only applies if you do not have any symptoms such as a cold, runny nose, sneezing or a sore throat.