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Handled by: General Infectious Diseases Team
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Subject: *Information for close contacts of a person with coronavirus*

Dear Sir or Madam,

You are a close contact of someone with coronavirus. This letter contains important information for you. As you are at risk of becoming sick up to 14 days after the last contact with this person, you will have to remain home and self-isolate.

In this letter we give you **three guidelines**. Please follow these guidelines until 14 days after the last time you had direct contact with the person with coronavirus. It is important that you follow these guidelines. This prevents the virus from spreading further and people around you from getting coronavirus. This is especially important for people who are 70 years of age or older or people who are extra vulnerable to this disease for other reasons.

Guidelines

1. Stay at home as much as possible and do not receive visitors

- If possible, work from home and do not use the bus, tram, train, or subway.
- Children under the age of 12 are allowed to go to school and play sports.
- You can go outside briefly. For example to get groceries. Keep your distance from other people. Or let other people do your grocery shopping for you.
- You can sit outside or on your balcony.
- You cannot receive visitors, except for medical matters. For example, your GP or someone from the GGD.
- Only people who live with you are allowed to be in the house with you.
- You may require medical attention for something other than coronavirus. In that case, do not go to your GP or the hospital, but call the GP and let them know that you are a close contact of someone with coronavirus.
- You must stay at home until 14 days after your most recent unprotected direct contact with the coronavirus patient.
- Once you are allowed to go outside again, please follow [the applicable general advice](#).

2. Pay attention to symptoms

- Be aware of any symptoms you may have. For example a runny nose, cough, or a fever.

If you experience any symptoms, contact your GP or the GGD. They will test you for coronavirus if necessary. Until the test results are known, you must remain at home. You may not have any contact with other people. Maybe you are seriously ill or in need of medical assistance. **Do not visit your GP or the hospital, but call the GP's office instead.**

3. Ensure good personal hygiene

- Wash your hands regularly with soap and water. Always do this after coughing and sneezing, after going to the toilet, after cleaning or cleaning up, and before meals.
- Use a paper tissue for coughing. If you do not have a paper tissue at hand, cough into the crook of your elbow.
- Only use the tissue once. Throw it away immediately after use. Wash your hands right after.

For more information about coronavirus, visit the [Dutch Government website](#).