



Rijksinstituut voor Volksgezondheid
en Milieu
Ministerie van Volksgezondheid,
Welzijn en Sport

Information for low-risk contacts of a confirmed patient with COVID-19

Dear Sir/Madam,

A patient infected with the new coronavirus has been found in your area. The coronavirus spreads mainly through the air through coughing and sneezing at persons who are at a distance of up to 2 meters from an infected person.

People who have had contact with the new coronavirus can still get sick up to 14 days after that contact (including a fever higher than 38°C, coughing and/or shortness of breath).

What does this mean for you?

In order to detect on time whether you have been infected, it is important to keep a close eye on your health. This is done by **passive monitoring** for a period of 14 days from the moment you may have been exposed to the virus. This means that you need to check your health up to XX-XX-XXXX.

During this period, you may go to work, go outside and do shopping, for example. In addition, general hygiene measures (such as frequent hand washing; coughing or sneezing in the elbow fold) are very important in all cases.

The GGD (Municipal Health Service) in your region will contact you once to ask you questions about your health and to explain the monitoring.

What should you do?

- Measure your temperature once a day.
- Measure the temperature anally or in the ear. Use your own thermometer that is not used by others.
- Write the temperature on the list provided by the GGD.
- Sanitize the thermometer with 70% alcohol after use.
- Wash your hands afterwards.

What to do in the event of symptoms?

In case of a temperature of 38 degrees or higher, contact the GGD **immediately** (also in the evenings or at the weekend). Even when you do not have a fever, but you do have symptoms such as coughing, shortness of breath or other health symptoms, please contact the GGD **immediately**.

In that case, stay at home and avoid all social contacts with others. The GGD will review the symptoms with you and assess whether you need to be tested for coronavirus. **Do not** go to a hospital, GP or after-hours GP service.

For more information about the new coronavirus, visit www.rivm.nl/nieuwcoronavirus

Do you have any questions?

The infectious diseases team of GGD XXX can be reached at: phone number XXXX. After hours, you can call XXXX.