



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

Information (confirmed) patients at home

Staying at home because you have the coronavirus

You are receiving this letter because you have the new coronavirus. We ask you to stay in isolation at home for a while. We realize that this can be a big task and that it can affect your daily life. It is important that you comply with these rules. This helps to prevent the people around you from being unintentionally infected.

You can leave the house and pick up your daily activities when the GGD indicates it is safe to do so. This is when:

- you no longer have health symptoms, **and**
- you have been tested twice for the coronavirus at an interval of 24 hours and both tests are negative (= no virus detected).

Below is a list of what you can and cannot do. The GGD has a lot of experience with these situations. Do you have any questions? If so, please feel free to contact your GGD contact.

- You must stay at home, you cannot not go outside. You can sit in your garden or on your balcony, if there are no other people present. You cannot receive visitors, except for the GP and the GGD.
- If someone in your household gets very ill, please call your GP. Do not go to the general practitioner or hospital unannounced.
- Ensure good personal hygiene and good hygiene in the house. What that means is explained below.

What should you do if you live with others?

- Only the people who live with you are allowed to be in your home. Your household members are also not allowed to receive visitors.
- Stay in your own room as much as possible. That is where you sleep, and you sleep alone.
- The other people in your home enter your room as little as possible.
- You have as little contact as possible with the people in the house and you stay 2 metres away from each other. So no hugging, kissing or having sex.
- You use your own separate cutlery, plates, cups and glasses.
- You use your own toothbrush.
- You use your own separate towels.
- If possible, use a separate toilet and bathroom for yourself. If there is only one toilet and one bathroom in the house, you can share these with the other members of your household. It is important that you clean the toilet and the bathroom every day and ventilate every day by opening the window for 30 minutes.

What if others have to come to your room?

- The other person needs to put on a mask before they enter your room. This is a special kind of mask called FFP1. You can get it from the GGD.

Do you have to leave the room?

- Put on a mask before leaving the room. This is a so-called surgical face mask that you get from the GGD.
- Stay 2 metres away from each other.

How do you ensure good personal hygiene?

- Regularly wash your hands with water and soap. Always do this after coughing and sneezing, after removing the mask, after you have been to the toilet and after cleaning and tidying up. Sanitize your hands with rubbing alcohol afterwards.

When coughing and sneezing:

- Use a paper handkerchief. If you do not have a paper handkerchief at hand, you must cough in the fold of your elbow.
- Use a handkerchief only once and dispose of the handkerchief in a plastic bag after use.

How do you ensure good hygiene in the house?

Stay in a separate room as much as possible.

- In the rooms where you are staying, open a window a few times a day. This will bring fresh air in.

Clean the bathroom and toilet every day.

- Remember to also clean the tap, light switches and door handle.
- First put on disposable gloves.
- Use a regular cleaning agent to clean.
- Put the cleaning cloth directly in the laundry basket.
- Take off and discard the gloves.
- Then, wash your hands with water and soap.

Clean frequently used surfaces every day.

- These are surfaces that you touch regularly, such as bedside tables, door handles and light switches.
- First, put on disposable gloves.
- First, clean using a regular cleaning agent.
- Next, clean the hand contact areas such as the toilet flush panel, door handles and light switches with household bleach.
- For this, take a new bucket with 5 litres of water. Add 125 millilitres of bleach, which is one coffee cup. You can buy bleach in the supermarket.
- Put the cleaning cloth directly in the laundry basket.
- Take off and discard the gloves.
- Then, wash your hands with water and soap.

Avoid spreading body fluids, such as faeces, saliva, mucus, sweat and urine.

- Household members wear disposable gloves when they enter your room, when doing the laundry, dishes, or when disposing of waste that you have used.
- Throw your laundry in a separate laundry basket and wash it at least at 60 degrees Celsius with a full wash cycle and normal detergent.
- Wash your dishes separately, using standard washing-up liquid and hot water, or in the dishwasher on an extensive cleaning cycle.
- Dispose of your waste in a separate waste bag in your own room. Wear gloves when removing the waste bag. The bag can be placed in the grey waste bin.

Contact with the GGD (Municipal Health Service)

The GGD calls every day to ask who in the household has symptoms and what these symptoms are. The symptoms of the new coronavirus can be:

- Coughing
- Shortness of breath
- Fever; measure your temperature every day with a thermometer.

Are you ill?

If one of the people in your household develops the symptoms mentioned above, please inform the GGD. If someone is ill and needs help from a physician, please call your GP. Always announce your trip to the GP or hospital.

Do you have any questions?

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