



Public Health Department – Bonaire

Dear Sir, Madam,

You are receiving this letter because you live with someone who has coronavirus. Please read this letter carefully as it contains important information.

You are required to **stay at home as long as the Public Health Department tells you to** because you may be infected with the coronavirus. You may not have any symptoms at the moment, but you may already be contagious

This letter contains **rules** that you must adhere to.

This may be quite difficult at times.

The person, who lives in the same house as you and has the coronavirus, will receive a separate information letter.

Everyone who is living in the same house as you must adhere to the rules. This prevents the virus from infecting other people and spreading further.

Rules if you are living in the same house as someone who has coronavirus

Remain at home and do not receive visitors



- You are not allowed to go outside, to school or to work.
- Let others do your grocery shopping.
- You may sit in your garden or on your balcony.
- No one may visit you , except to provide medical assistance (for example the family doctor or the GGD: Municipal Health Service).
- Only the people, who live with you, may be in the house with you.

Do you need medical assistance for issues other than COVID-19?



Do you need medical assistance for health issues other than the coronavirus? Do not go to your family doctor or the hospital. Call your doctor first. Tell your doctor that you need to remain at home due to the coronavirus.

In case of an emergency call 911 immediately.

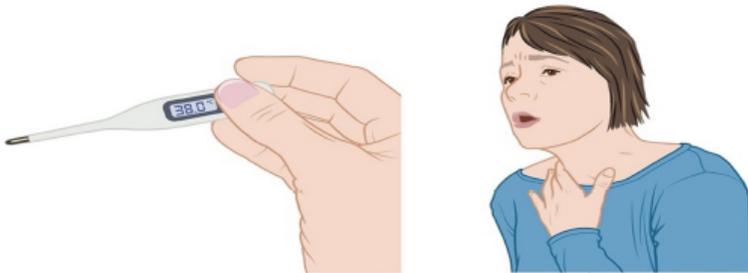
Do you need health care from your family doctor?

- For care that cannot wait until the next working day call the medical centre (+599) 717 0111 (working days: 6 p.m. - midnight; weekends: 8 a.m. - midnight) or the Emergency Room at the Fundashon Mariadal Hospital (+599) 715 8900 (every day: midnight - 8 a.m.).
- For care that can wait until the next working day call your own family doctor.
- If you do not have a family doctor you may visit any family doctor's practice as a walk-in patient (see link below).

Here is a link to an overview and contact details of family practices on Bonaire:

<https://www.rijksdienstcn.com/covid-19/preventiemaatregelen/contactgegevenshuisartsen>

Be alert to changes to your health



If you have symptoms that could indicate coronavirus, please call the Public Health Department at 0800-0800. If necessary, you will be tested for the coronavirus.

- Coronavirus may cause the following symptoms:
 - cold symptoms (nasal cold, a runny nose, sneezing, sore throat)
 - coughing
 - sudden loss of smell and taste
 - shortness of breath
 - elevated temperature or fever higher than 38 degrees Celsius.
- If you are seriously ill and in need of medical assistance, do not go to the family doctor or the hospital. **Call your family doctor right away.**

The Public Health Department will call you regularly while you are staying at home to learn how you are doing.

- If you think you might have a fever, measure your temperature with a thermometer. You have a fever if you have a temperature of 38 degrees Celsius or higher.
- If there are children living with you, check them daily for symptoms.

How do I interact with the person infected with coronavirus?



- Sleep separately, preferably in another room.
- Try to limit your time in the same room as the person with coronavirus as much as possible.
- Minimize being in close proximity to other people in the house as much as possible.
- You must keep 1.5 meters distance from the person with coronavirus. This means no hugging, no kissing and no sex.
- If you are in close contact with the person with coronavirus for more than 15 minutes you will have to remain at home for another 10 days.
- Do not use the same cutlery, plates, cups and glasses as the person who is sick.
- Do not use the same toothbrush as the person who is sick.
- If there is more than one bathroom and toilet in the house, then use a separate toilet and bathroom to the one that the sick person uses.
- Clean the toilet and bathroom every day.
- Also clean the faucets, light switches and door handles. Then wash your hands with soap and water.
- Open a window for 30 minutes a few times a day in the rooms that you use, in order to let fresh air in.

Cough and sneeze into your elbow and wash your hands



Wash your hands regularly with soap and water. Always do this:

- after coughing and sneezing
- after you have been to the toilet
- after cleaning and tidying up
- before you start cooking and eating.
- Use a paper tissue when you cough.
- If you don't have a paper tissue, cough into your elbow.
- Only use a tissue once and after use discard it in the waste bin. Then wash your hands.

Make sure your house is clean



- Clean items you use frequently, such as the bedside tables, door handles and light switches, every day.
- First clean with normal detergent.
- Then clean everything you frequently touch with your hands, such as the toilet flush button, door handles and light switches, with bleach (Clorox).
- To do this, fill a bucket with 5 liters of water and add a coffee cup of bleach (Clorox).
- After cleaning put the cleaning cloth in the wash immediately.
- Then wash your hands with soap and water.

Make sure your things are clean

- Make sure other people do not touch your poop, spit, snot, sweat and urine.
- Use a separate laundry basket for the dirty laundry of the person with coronavirus.
- Do the washing (at 40 degrees if possible) using a full wash cycle and normal laundry detergent.
- Wash the dishes used by the person with coronavirus separately from all other dishes, using detergent and hot water.
- Have the person with coronavirus throw their waste in a separate waste bag in their own room. If the bag is closed properly it may be disposed of in the Kliko bin as usual.