



Public Health Department – Bonaire

Dear Sir, Madam,

You are receiving this letter because you have been in close contact 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.

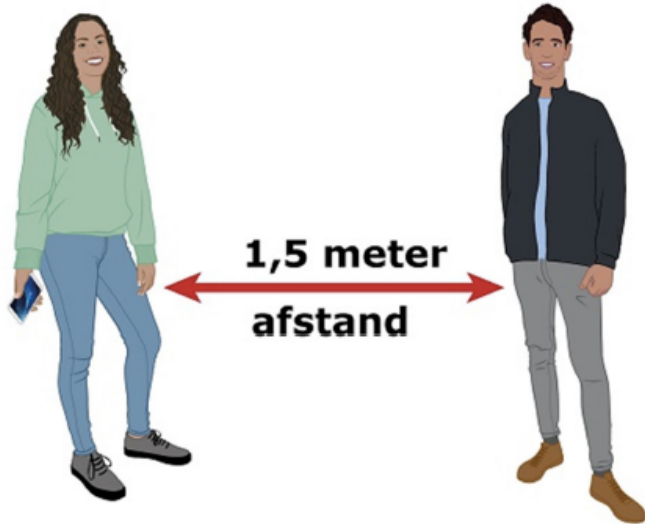
You must stay at home as long as the Public Health Department tells you to.

This prevents the virus from infecting other people and spreading further.

If you have further questions: please call the Public Health Department.

Rules

Remain at home and do not receive visitors



- You must work from home.
- 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.
You should restrict being in close proximity to each other as much as possible and you must keep 1.5 meters distance from each other. This means no hugging, no kissing and no sex.



If you need medical assistance, do not go to your family doctor or the hospital. Call your doctor first. Tell your doctor that you have the coronavirus.

In case of an emergency call 911 immediately.

Do you need health care from your family doctor?

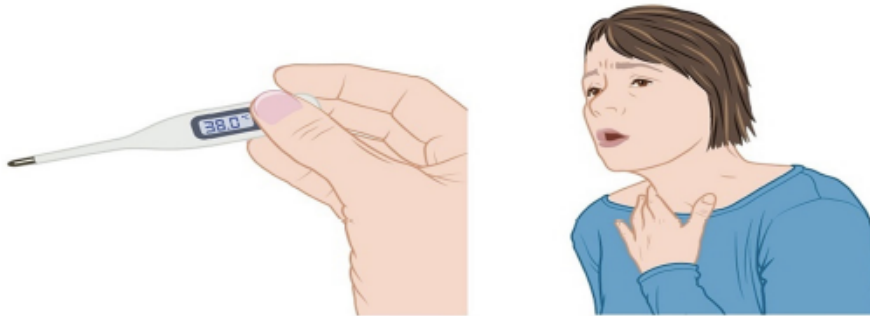
- For care that cannot wait until the next working day call the medical centre (+599) 717 0111 (working days: 6 p.m. - midnight; weekends: 8 a.m. - midnight) or the Emergency Room at the Fundashon Mariadal Hospital (+599) 715 8900 (every day: midnight - 8 a.m.).
- For care that can wait until the next 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>

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

Be alert to changes to your health



- Do you have symptoms that could indicate the coronavirus? Please call the Public Health Department at 0800-0800. If necessary, you will be tested for the coronavirus. You must then remain at home until you get the result.
- Coronavirus may cause the following symptoms:
 - cold symptoms (nasal cold, runny nose, sneezing, sore throat)
 - coughing
 - sudden loss of smell and taste
 - shortness of breath
 - elevated temperature or fever higher than 38 degrees Celsius.

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.