

## Letter for close contacts of someone with the Coronavirus

Dear sir/madam,

You are receiving this letter because you have been in close contact with someone who is infected with the Coronavirus. Please read this letter carefully. This letter contains rules that you must adhere to if you:

- **Had two Corona vaccines, and the second shot was given more than two weeks ago**
- **Had the Coronavirus and has had one Corona vaccine**
- **Had the Coronavirus in the past six months**

You don't have to stay at home. However, you must adhere to the following measures:

- Monitor your health closely for 10 days.
- Avoid contact with old or sick people for 10 days.
- If you work with old or sick people, talk to your employer.
- Strictly adhere to the general measures in force.

### Testing on day 5

Even if you have been vaccinated, or have already had Corona, you can become infected with the Coronavirus.

Therefore, you should be tested **on or after day 5** after your last close contact with the person infected with the Coronavirus. You will be called by our COVID team for an appointment.

**If you are found to be infected with the Corona virus, you must stay at home. The Public Health Department will contact you to discuss the measures.**

### Testing with symptoms

You can get symptoms such as:

- cold complaints (cold, runny nose, sneezing, sore throat)
- cough
- sudden loss of smell and/or taste
- difficulty breathing
- elevation or fever

Do you have one or more of these symptoms? **Then you should get tested and stay at home** even if you got a negative test result before. Make a test appointment via **0800-0800**.

## Are you feeling ill and need medical attention?

Do not go to the doctor or hospital. Call your doctor. Tell the doctor that your housemate has Corona virus.

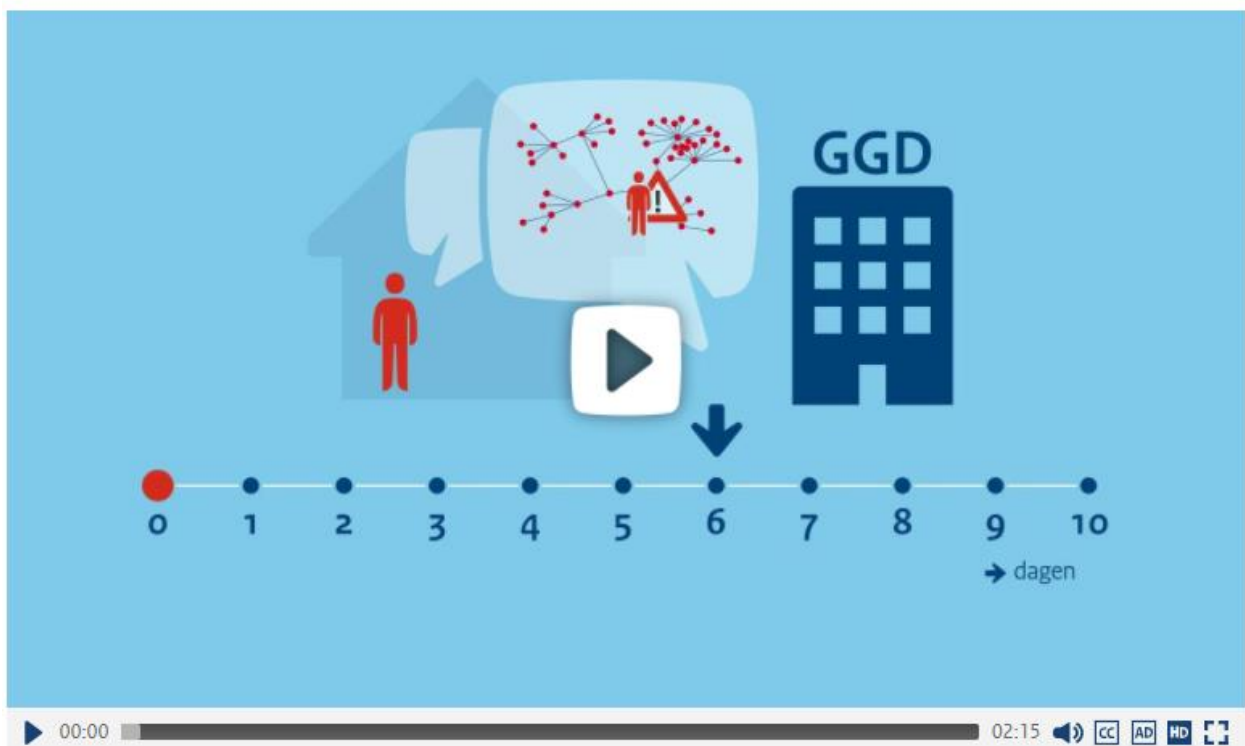
Your cooperation prevents you from infecting other people and preventing the virus from spreading further.

We thank you for your help..

## Do you have any questions?

Call the Public Health Department at **0800-0800**.

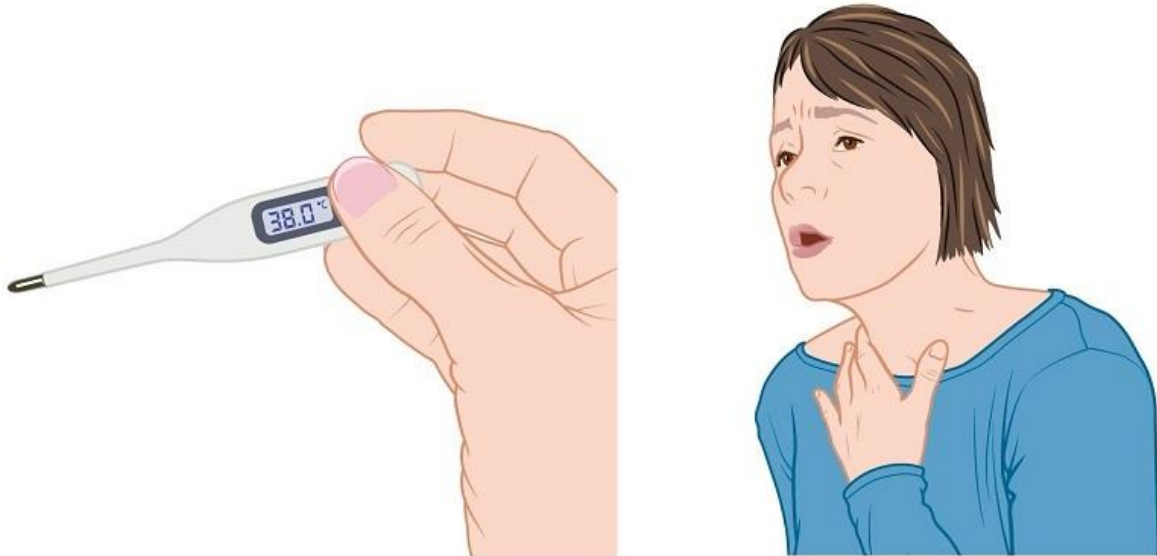
## Quarantaine



In this film [Video Hoe werkt quarantaine? | RIVM](#) they explain how quarantine works. We do not do immediate testing on Boniare. We only test on the 5<sup>th</sup> day of with symptoms.

# Rules if you have been vaccinated and live with someone who has the Corona virus

## Watch for health complaints



- Do you suffer from symptoms that resemble the Corona Virus?  
**Call 0800-0800 for a test appointment.**  
If necessary, you will be tested for the Corona virus.
- You can get the following symptoms:
  - Cold complaints (cold, runny nose, sneezing, sore throat)
  - Coughing
  - Sudden loss of smell and/or taste
  - Difficulty breathing
  - Elevation or fever
- Are you feeling ill and need medical attention?
  - Do not go to the doctor or hospital
  - Call your general practitioner or the Medical Center (+599) 717 0111 (working days 18.00-0.00; weekends 08.00-0.00) or the Emergency room at Fundashon Mariadal Hospital (+599) 715 8900 (everyday between 0.00-08.00)
  - Explain that you are in quarantine and need to remain in your home
- Measure your temperature with a thermometer if you think you have a fever. You have a fever if you have a temperature of 38 degrees Celsius or higher.
- Check your child for symptoms every day if you have children living with you.

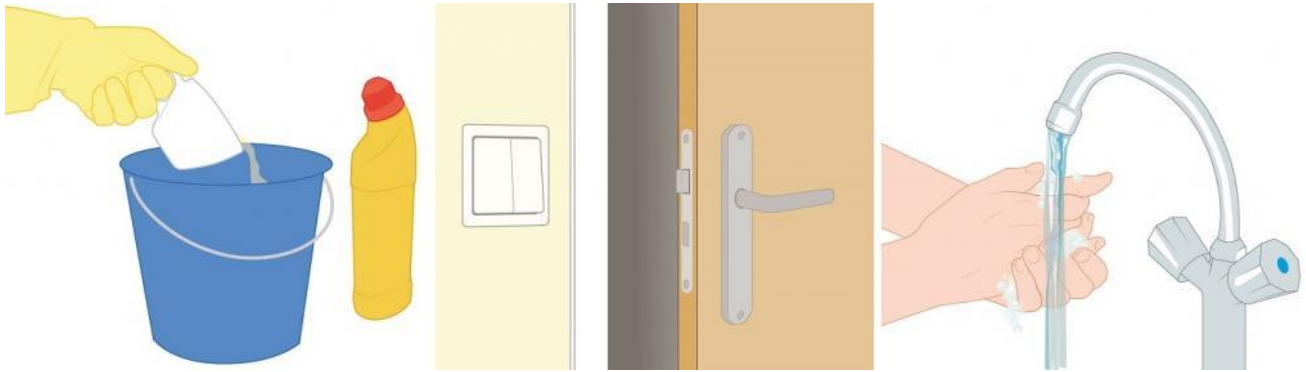
## How do I interact with the people who live with me?



It is important to obey the rules to avoid getting infected with the Corona virus.

- Sleep separately from each other, preferably in a different room.
- Try not to be in the same room as the person with the Corona virus as little as possible.
- Try to have as little contact as possible with others living in the same house.
- U must keep a distance of 1.5 meters from the person infected with the Corona virus. No hugging no kissing and no sex.
- Do not use the same silverware, cup or glass as the person infected with the Corona virus.
- Do not use the same toothbrush as the person infected with the Corona virus.
- Use a different bathroom and toilet than the person infected with the Corona virus if there are more bathrooms and toilets in the house.
- Clean the bathroom and toilet every day.
- Also clean the tap, light knobs and door handle. Then wash your hands with soap and water.
- Open a window in the room where you are for 30 minutes a few times a day/. This is for the circulation of fresh air.

## Make sure your house is clean



- Clean the things you touch or use every day, such as the toilet flush button, door handles and light switches.
- Clean everything with ordinary detergent.
- Put the cleaning cloth immediately in the wash after cleaning. Wash the cleaning cloth with hot water (40 degrees Celsius or warmer)
- Wash your hands with soap and water.

## **Make sure your things are clean**

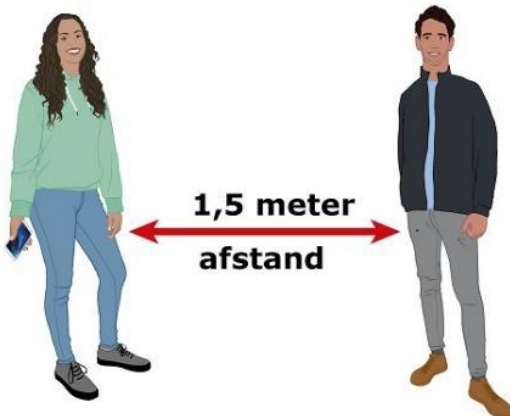
- Make sure other people do not touch your poop, spot, snot, sweat and urine.
- Use a separate laundry basket for the dirty laundry of the person infected with the Corona virus.
- Wash the laundry at 40 degrees Celsius (or warmer) using a full wash cycle and normal laundry detergent.
- Wash the dishes with normal dishwashing soap and warm/hot water.
- Wash the dishes used by the person infected with the Corona virus separately with normal dishwashing soap and warm/hot water.
- Have the person with the Corona virus throw their waste in a separate waste bag in their own room. If the bag is closed/sealed it may be disposed of in the Kliko bin as usual

## **Generally applicable measures**

### **Keep distance**

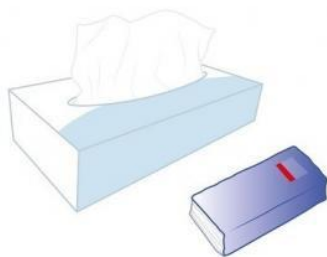
- Stay away from crowded places.
- Stay 1.5 meters away from other people.

- Work from home as much as possible.



## Cough and sneeze in 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 cooking and eating.



- Use a tissue paper when coughing.
- Do not have a tissue paper at hand? Then cough in your elbow.
- Only use a tissue paper once and throw it in the waste bin.
- Then wash your hands.