



Public Health Department – Bonaire

Dear Sir, Madam,

You are receiving this letter because you have coronavirus.  
Please read this letter carefully as it contains important information.

You are required to **stay at home** because you may be contagious to others.  
Everyone who lives in the same house as you must also stay at home.  
They may have been infected with the coronavirus by you.  
This prevents the virus from spreading further.

This letter contains **rules** that you must adhere to.  
This may be quite difficult at times.  
It will affect your day-to-day life.  
But it is important that you follow these rules.

**Don't forget to contact your general practitioner on day 1 and insurance doctor on day 3 and inform them that you are in isolation. The insurance doctor can be reached at +599 7810391 (WhatsApp).**

**Rules for the other people living in your house.**

Everyone who lives in the same house as you must stay at home. They will receive a separate letter with rules. It is important that they adhere to these rules. This prevents the virus from spreading further.

## Rules if you have the coronavirus

### Remain at home and do not receive visitors

You are not allowed to go outside, to school, to the store or to work. 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? Do not go to your family doctor or the hospital. Call your doctor first. Tell your doctor that you have 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>

## How do I interact with the people who live in the same house as I do?



Remain in your own room as much as possible. You should also sleep there and you should sleep alone.

The other people in the house should come into your room as little as possible.

Minimize being in close proximity of other people in the house as much as possible.

You must keep 1.5 meters distance from other people in the house. This means no hugging, no kissing and no sex.

Use your own separate cutlery, plates, cups and glasses. Use your own toothbrush.

Use your own separate towels.

If you have more than one bathroom and toilet in the house, then use a separate toilet and bathroom from the other people who live with you.

If you have only one toilet and one bathroom in the house, which you share with others,

then clean that toilet and bathroom daily with regular cleaning products.

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 then use and discard it in the waste bin. Then wash your hands.

## Make sure your room is clean



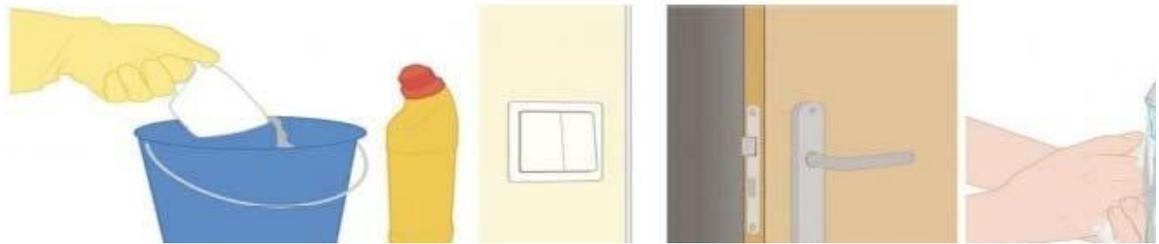
Stay in a separate room as much as possible.

Open a window for 30 minutes a few times a day in the rooms that you use, in order to let fresh air in.

Clean the bathroom and toilet every day. Also clean the faucets, light switches and door handles.

Then wash your hands with soap and water.

## Make sure your house is clean



If possible, clean your own room and bathroom. The other people in your house should clean the other rooms in the house.

Begin by cleaning all items you use frequently every day, such as the bedside tables, door

handles and light switches.

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. Put your dirty laundry in a separate laundry basket.

If possible, do your washing at 40 degrees, using a full wash cycle and normal laundry detergent.

Wash your dishes separately from all other dishes with detergent and hot water.

Throw your waste in a separate waste bag in your own room. If the bag is closed properly you may dispose of it in the Kliko bin as usual.