



Public Health Departement - Bonaire

Letter for person who had close contact with someone who has COVID-19.

Dear Sir / Madam,

You have been in contact with someone who has tested positive. This puts you at risk of possible contamination. It is therefore important that you go in quarantine and get tested on the 5th day after the last contact.

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

1. Do you have complaints or do you receive complaints?

Stay at home and call **0800-0800** for an appointment. Do not meet other people. You must stay in quarantine until your test result is known. This applies if you have been vaccinated and if you have not been vaccinated.

2. Quarantine

You will be quarantined for up to 10 days after the last contact. This applies if you have been vaccinated and if you have not been vaccinated. On the 5th day you can be tested for corona.

Pay attention! If you came to test before the 5th day, even if the result is negative, you still have to come and test on the 5th day.

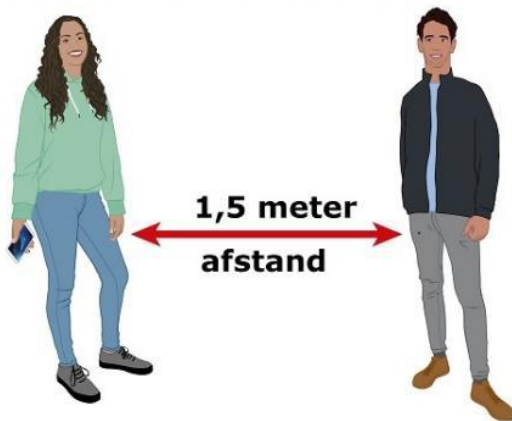
If you are negative, you can leave quarantine after 5 days.

Inform your employer that you must be quarantined.

Generally applicable measures

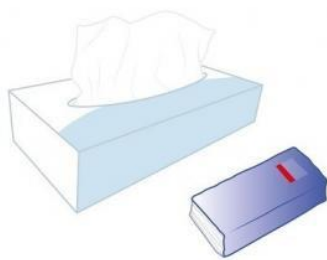
Keep distance

- 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.