



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 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.

3. Exemptions

You are not required to take a test or go into quarantine immediately if you do not have any symptoms and:

- have had COVID-19 within the last 8 weeks or
- had the booster vaccine more than 1 week ago
- you are younger than 18 years of age

If you develop any symptoms associated with COVID-19, get tested by the GGD.

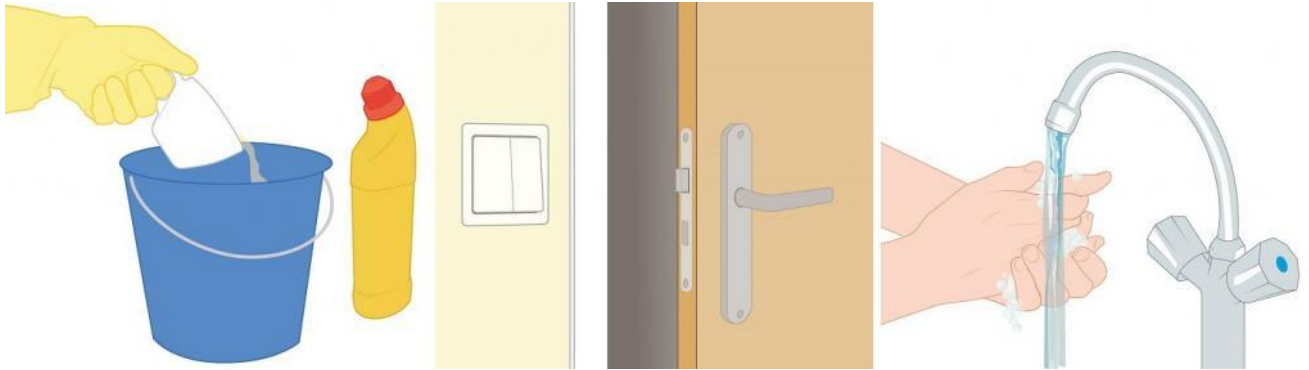
How do I interact with the people who live with me?



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.
- 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 your hands with soap and water.

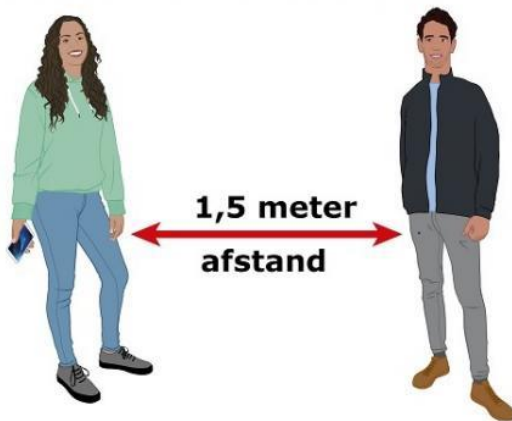
Make sure your things are clean

- Use a separate laundry basket for the dirty laundry of the person infected with the Corona virus.
- 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.

Generally applicable measures

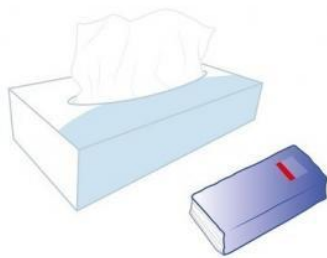
Keep distance

- 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.