



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. You will stay at home for at least 5 days.

You may stop self-isolating after 5 days, if you do not experience the following symptoms for 24 hours:

- fever
- cough
- sore throat
- stuffy nose

If you still have symptoms after 5 days, you will stay at home in isolation for a maximum of 10 days.

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.

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).

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.

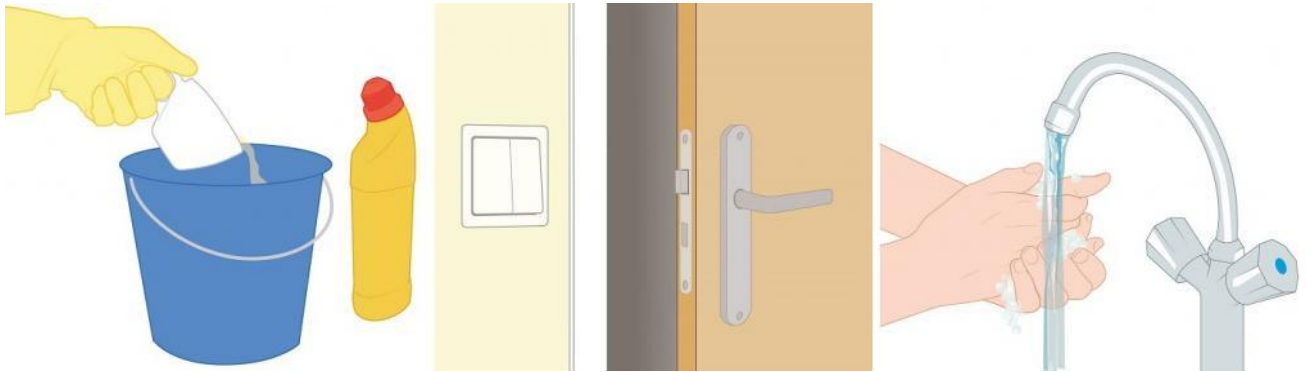
How do I interact with the people who live with me?



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

- 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 coronavirus. No hugging no kissing and no sex.
- Do not use the same silverware, cup or glass as the person infected with the coronavirus.
- Use a different bathroom and toilet than the person infected with the coronavirus 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.

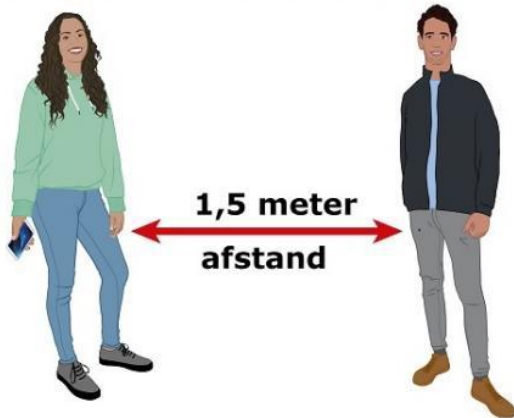
Make sure your things are clean

- 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

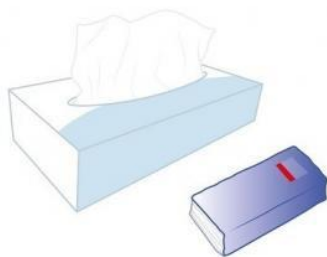
Keep distance

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



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.