

Informatiebrief nauwe contacten - Engels

Information letter with illustrations to accompany the [LCI COVID-19 guidelines](#) | Version of 8 February 2021 (for version management see [Overview of information letters](#))

[1. following positive test](#) | [2. housemates](#) | **3. close contacts** | [4. other contacts](#)

Letter for close contacts of someone with coronavirus (COVID-19)

Dear Sir/Madam,

We are sending you this letter because you have been in close contact with someone who has coronavirus. In other words, you are a 'close contact'.

Please read this letter carefully. This letter details rules you have to keep to.

You may be infected with coronavirus and you may then be infectious to other people, even if you currently have no symptoms. For that reason you must stay at home for 10 days. We refer to this as quarantine.

Immediate testing:

You should get yourself tested as quickly as possible. Getting tested as quickly as possible will enable us to detect coronavirus quickly and halt the spread of the virus. You should make an appointment by calling 0800-2035.

If it transpires that you have coronavirus, you will be required to isolate at home. The Municipal Public Health Service (GGD) will then contact you.

If it transpires that you do not (yet) have coronavirus, you will still have to quarantine at home. This is because you may still become ill.

Testing on day 5:

You can get a (new) test **on or after day 5** following the day you last had close contact with the person with coronavirus (please refer to the information on the page on [quarantining](#)). You should make an appointment by calling 0800-2035.

If it (again) transpires that you do not have coronavirus, you will no longer have to stay at home. The risk of you still becoming ill is extremely small.

- Make sure you do not have any contact with old or sick people for 10 days.
- If you work in the care sector, you should consult with your employer.
- Once you are allowed to go outside again, you should still be alert to symptoms. If you get symptoms, or your symptoms change, stay at home and get a new test. You should consult the GGD.

Testing in the event of symptoms:

You could develop symptoms such as:

- cold-like symptoms (nasal congestion, a runny nose, sneezing, a sore throat);
- coughing;
- a sudden loss of smell and taste;
- difficulty breathing;
- a high temperature or a fever.

If you get one or more of these symptoms, arrange to get a test, even if your previous test result was negative. You can make an appointment by calling 0800-2035. If you are in any doubt, or are experiencing other symptoms, please telephone your local GGD. The GGD will discuss with you whether it is a good idea for you to get a test.

If you need help with having to quarantine at home due to coronavirus, please study the [help and support when self-quarantining \(staying at home\) brochure](#) at [Government.nl](#). When you are allowed to leave your home again, you should observe the government's general coronavirus rules. For more information, please visit [Government.nl](#). If you have any questions, please call your local GGD or study the information on [coronavirus at Government.nl](#).

If you are seriously ill and need medical assistance, do not go to your GP's surgery or to hospital. You should telephone your GP immediately. Tell your doctor that you are having to stay at home due to coronavirus.

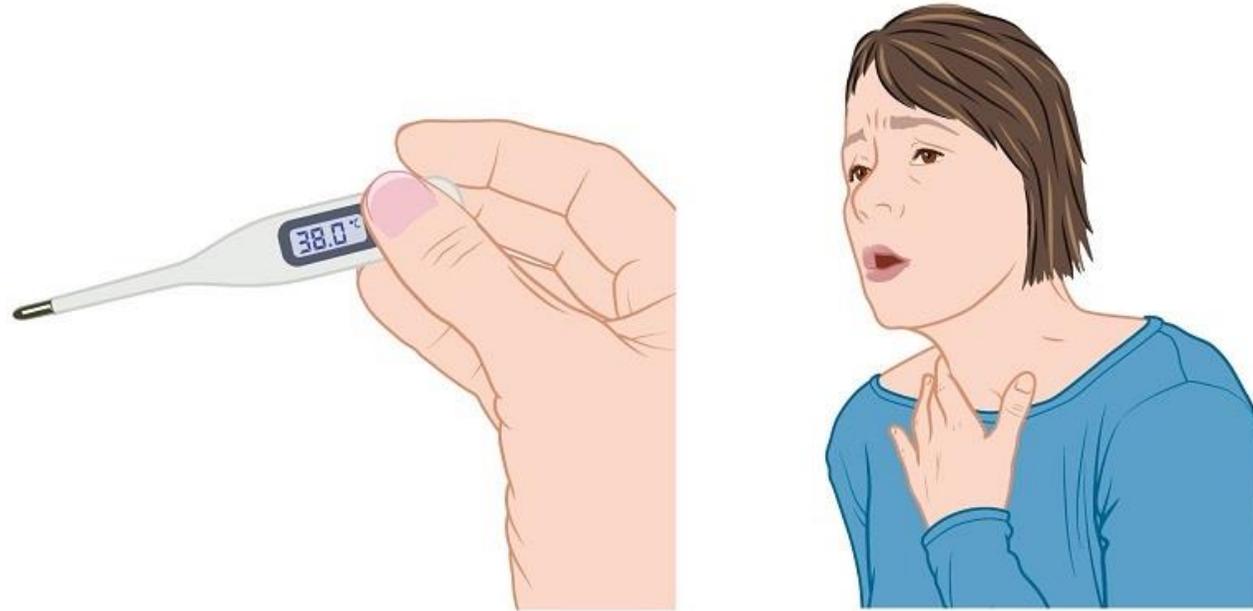
Rules for quarantining at home

1. Stay at home and do not receive any visitors



- You are not allowed to go outside, to school, or to work.
- Arrange for other people to do your shopping for you.
- If that is absolutely impossible, you are allowed to leave the house briefly to do your shopping. You can only do so if you are not exhibiting symptoms. Keep 1.5 metres away from other people and do not touch anyone.
- You can sit in your garden or on your balcony.
- You are not allowed to receive visitors, except to receive medical care (for example from a GP, or someone from the GGD).

- The only people who are allowed to be with you in your home are the people you live with.

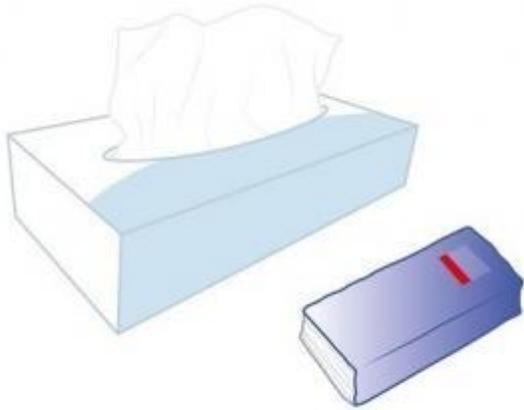


2. Be alert to symptoms

- You may experience the following symptoms if you have coronavirus:
 - cold-like symptoms (nasal congestion, a runny nose, sneezing, a sore throat);
 - coughing;
 - a sudden loss of smell and taste;
 - difficulty breathing;
 - a high temperature or a fever.
- If you think you have a fever, you should take your temperature using a thermometer. You can do so by inserting the thermometer into your anus (bottom) or your ear. You will have a fever if your temperature is 38 degrees or higher.

3. Cough or sneeze into your elbow and wash your hands

- Regularly wash your hands with water and soap. You should always do so:
 - after coughing and sneezing;
 - after you have been to the lavatory;
 - after cleaning and clearing up;
 - before cooking and eating.



- Please use a paper tissue if you have a cough.
- If you do not have a paper tissue to hand, please sneeze into your elbow.
- Only use a tissue once and then dispose of it in a waste bin. Wash your hands afterwards.

Quarantaine

