

# COVID-19

## Going home with a (possible) infection with the coronavirus

You have been to the emergency room and you can go home. Your complaints are (possibly) due to the coronavirus.

Here you will read:

- What the coronavirus is,
- What home isolation means,
- Rules of life for yourself,
- Rules of life for housemates/family members,
- When you can leave home isolation again,
- When to contact a doctor.

### Wat the coronavirus?

An outbreak of a new coronavirus, also known as SARS-CoV-2 (Severe Acute Respiratory Syndrome – Coronavirus), started in the Wuhan region of China in December 2019.-2). This virus can cause the COVID-19 disease. Most patients with this virus have a fever and respiratory symptoms. Measures were taken to prevent further spread of the virus. The coronavirus is transferable from person to person. If you have symptoms, you can spread the virus. That is why it is important that you adhere to a number of rules of life. These are necessary for your own safety and to prevent contamination of your housemates/family members.

### What are the rules of life that you should apply?

- Do not go outside. Your own garden or balcony is allowed.
- Have as little contact with others as possible and keep at least 1,5 meters distance. The person taking care of you must be healthy. If there is no one to care for you, please contact your GP.
- Wash your hands regularly with soap and water. Do this especially if:
  - your hands are dirty
  - before (preparing) food and after touching raw meat after going to the toilet
  - after cleaning
  - after coughing, sneezing in the hands, after blowing the nose for children: after playing outside
  - after changing a child
  - after petting or cuddling animals
- Cough and/or sneeze into the inside of your elbow. Use disposable handkerchiefs or tissues.
- Don't shake hands.
- Try to keep contact with roommates to a minimum. This includes hugging, kissing or sexual contact. If possible, don't sleep in the same bed.
- Make sure that your housemates and caregiver do not come into contact with your stool, urine and other body fluids.
- Keep your laundry and towels separate and wash at a minimum of 60°C with a full wash cycle and normal detergent.
- Use your own cutlery, plates and glasses. And wash your dishes separately with hot water and standard washing-up liquid or in the dishwasher on an extensive washing program.
- Clean everything you touch every day, such as: bedside tables and bedroom furniture, door handles and light switches and the bathroom and toilet.
- Use household cleaner.
- Then use household bleach for the flush button of the toilet, door handles and light switches. Use 250ml of bleach in 10 liters of water. Make new soapy water with every cleaning.

- Always use disposable gloves when cleaning and apply hand hygiene after cleaning.

### What are the Precepts for your housemates/family members?

Wash your hands regularly with soap and water for 30 seconds. Do this especially if:

- your hands are dirty
  - before (preparing) food and after touching raw meat after going to the toilet
  - after cleaning
  - after coughing, sneezing in the hands, after blowing the nose for children: after playing outside
  - after changing a child
  - after petting or cuddling animals
- Cough and/or sneeze into the inside of your elbow. Use disposable handkerchiefs or tissues.
  - Don't shake hands.
  - Stay home if you have complaints of a cold or cough / sneeze, sore throat or fever.
  - If you have symptoms, ask someone else to do the shopping or pick up food.
  - Even if you don't have any complaints (yet), try to leave the house as little as possible.
  - Keep at least 1.5 meters away from others if you do go outside.
  - Avoid physical contact with people outside your own household. You can use (video) calling, WhatsApp and e-mail.
  - Limit visits to vulnerable people, such as the elderly and people who are chronically ill. This may mean that it is better not to visit your parents or other vulnerable family members for a while.

### When can you go out of home isolation again?

If the complaints have completely disappeared, the home isolation can be lifted. The duration of home isolation therefore differs per patient. One patient can be fully recovered after 2 weeks, but it may take others a month. You can go out of home isolation again after permission from the doctor, or when you are free of complaints for more than 24 hours.

### When should you contact us?

- Notify your doctor of the following (alarms) symptoms:
- increasing shortness of breath
- dizziness and fainting
- pale/gray skin color
- in the event of a significant worsening of your complaints or concerns
- Call your own GP or the GP if your symptoms get worse and you think you need medical help. Your GP can advise you on what to do at home and determine whether you need a medical assessment.
- Call 912 in a (possible) life-threatening situation. Do not avoid care in the event of acute complaints.

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