

# Going home with a coronavirus infection

*You were admitted to Erasmus MC and tested positive for the coronavirus (SARS-CoV-2 virus). Together with physicians and nurses it has been decided that you can go home to recover in self-isolation. Your family members must stay at home as well.*

## Getting home

When you leave the hospital and you are picked up by your loved ones, you must wear a face mask. The nurse will provide you with a face mask.

## What should you do if your symptoms worsen or if you need medical help?

Do not go to your GP or the hospital, but **call** your GP. For life-threatening situations call 112.

## Rules for living

Below we have listed a number of rules for living. These guidelines relating to the coronavirus have been prescribed by the RIVM for self-isolation at home.

If you are no longer in hospital and are staying at home, you must observe the RIVM guidelines. They have drawn up special rules for patients who tested positive and also for their household members.

Please carefully read the information on the RIVM website. If you are unable to access this information, ask one of the nurses in the department to print the information for you.

## Rules for living for your household members/family members

Your household members/family members will need to self-isolate for 10 days from the day they last had unprotected contact with you. Your household members/family members can also choose to get a COVID-19 test on day 5 following the day they last had unprotected contact with you. If the test transpires that they do not have the coronavirus, they will no longer have to stay at home. Your household members/family members can get themselves tested at the GGD. To make an appointment, call 0800-2035.

Your household members/family members will also need to observe rules for living. These rules can be found at: <https://lci.rivm.nl/covid-19-huisgenoten-EN>. If household members/family members have any questions, they can contact the GGD's corona helpline at 010 4438031.

## Rules for living for you

Below we give you a number of rules for living based on the RIVM guidelines for coronavirus patients who may recover at home in self-isolation.

- Stay at home; do not receive visitors.
- Try to avoid contact with household members/family members as much as possible. This includes hugging, kissing, or sexual contact.
- Where possible, do not sleep in the same bed.
- Wash your hands frequently with soap and water. Especially:
  - if your hands are dirty;
  - before preparing and eating food and after touching raw meat;
  - after using the toilet;
  - after coughing, sneezing in your hands, or after blowing your nose.
- Cough and/or sneeze into your bent elbow. Use disposable tissues.
- Ensure that your household members and carer do not come into contact with your feces, urine, and other body fluids.
  
- Keep your laundry and towels separate and wash these at a temperature of at least 40 °C, completing the full wash program and using normal detergent.
- Use your own cutlery, plates, and glasses. Clean your dishes separately with hot water and normal dish detergent or in the dishwasher on a full program.
- Clean everything that you touch every day: bedside table and bedroom furniture, door handles, light switches, and the bathroom and toilet. Use household detergents and cleaners. Afterwards, put the cleaning cloth in the laundry straight away. Then, wash your hands with water and soap.

**Note: these are just a few of the rules listed on the RIVM website. Please carefully read all the rules on the website.**

## When can I end home isolation?

You may leave the house if you have been free of symptoms for 24 hours **and** if it has been at least 7 days since your symptoms started. Do you have a weakened immune system? Then you may leave the house if you have been free of symptoms for 24 hours **and** if it has been at least 14 days since your symptoms started. This means: no fever, no head cold, and no cough. Follow the general advice that currently applies in the Netherlands about school and work at <https://www.government.nl/>.

## Additional information

Rules for living at home can be found at: <https://ici.rivm.nl/covid-19-patient-EN>.