

Going home with a possible coronavirus infection

You were seen by Erasmus MC's Emergency Department team and you have been told that you may go back home. Your symptoms may be caused by the coronavirus, but this is not certain. The coronavirus is transmitted from person to person and the sicker a person is, the more likely the virus will be spread. This is why it is important that you observe a number of rules for living at home. These are necessary for your own safety and to prevent contamination of your household members/family members.

Isolation

You were tested for the coronavirus

If you were tested for the coronavirus (COVID-19), you will receive the results within 48 hours. You will receive the results by phone or by an e-mail that states that your results are ready on the corona test website. You must stay in isolation until you receive the results and perhaps even after that. This means that you must not go outside and limit contact with others to a minimum. Keep at least 1.5 meters distance from others.

You were not tested for the coronavirus, but you do have symptoms

Do you have symptoms like nasal congestion, a runny nose, a cough, sneezing, a sore throat, or a fever? Then you have to arrange to get a corona test at one of the GGD-test locations. Call 0800-1202 to make an appointment and stay home awaiting of the results.

Rules for living for you

- The person caring for you must be healthy.
- 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 cleaning;
 - after coughing, sneezing in your hands, or after blowing your nose;
 - for children: after playing outside;
 - after changing your child's diaper;
 - after contact with animals.
- Cough and/or sneeze into your bent elbow.
- Use disposable tissues.
- Try to keep contact with household members to a minimum. This includes hugging, kissing, or sexual contact. Where possible, do not to sleep in the same bed.
- 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 40C, completing the full program and using normal detergent.

- Use your own cutlery, plates, and glasses. And wash 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.

When can I end home isolation?

When you can end home isolation will depend on the results of your corona test.

Your test is positive

If your test is positive 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/>.

Your test is negative

If your test is negative you can end home isolation.

When should you contact your GP/Erasmus MC?

- Warn your GP/Erasmus MC (delete what does not apply) if you have the following symptoms:
 - increasing shortness of breath
 - dizziness and fainting
 - skin pale or gray
 - significant worsening of your symptoms
- For life-threatening or potentially life-threatening situations call 112.

Rules for living for your household members/family members

- Take your temperature twice a day, preferably with at least eight hours between the measurements.
- 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 cleaning;
 - after coughing, sneezing in your hands, or after blowing your nose;
 - for children: after playing outside;
 - after changing your child's diaper;
 - after contact with animals.
- Cough and/or sneeze into your bent elbow.



- Use disposable tissues.
- Stay home if you have a head cold, cough/sneeze, sore throat, or a fever.
- If you have symptoms, ask someone else to do your shopping or get a takeaway for you.
- Even if you do not have any symptoms, try to stay at home as much as possible. Keep at least 1.5 meters distance from others if you do go out.
- Avoid physical contact with people from outside your own household. You could use video calls, WhatsApp, and email to stay in contact with others.
- Also limit visits to vulnerable people, such as the elderly and people with chronic diseases. This could mean that it is better not to visit your own parents or other vulnerable family members.

When should you contact your GP?

- Call your own GP between 8am and 5pm (and the Emergency GP service (huisartsenpost) between 5pm and 8am) if your symptoms get worse and you think you need medical help. Symptoms include shortness of breath, or a temperature of more than 38.5C. The GP can give you advice on what you yourself can do at home and can also gauge whether your condition needs to be medically assessed.
- For life-threatening situations call 112.

Additional information

Rules for living at home can be found at: <https://lci.rivm.nl/covid-19-patient-EN>. Read these rules carefully.



