

Are you suffering from feeling feverish – sore throat – cough - shortness of breath – runny nose?

Then please read the following text:

What to do if you show symptoms :

If you are suffering from a cough, sore throat, runny nose and/or fever, you **BEST** contact your general practice **BY PHONE**. Please do not come to the practice yourself so as not to infect the care workers and patients.

If necessary, the doctor will ask you to come to the practice for an examination in a separate room. In some cases, the doctor will visit you at home to further assess your condition.

If you did come to the practice with complaints that may indicate a coronavirus infection, you will be isolated. The doctor will briefly question you and will **usually not conduct a clinical examination**.

You will be given a medical certificate and you will be asked to **stay indoors as long as there are symptoms**.

Physical examination :

As part of the measures taken by the authorities to stop the spread of the coronavirus, we **do not currently examine** patients with mild respiratory complaints (coughing, sore throat, ear aches, stuffy nose, etc.) **unless we feel it is really necessary**. This is because all patients with respiratory complaints are considered potentially contagious.

Coronavirus testing:

Only people who are seriously ill (people who need to be hospitalised) are currently tested for the coronavirus.

Procedure and what to do :

We know that **most people** infected with coronavirus **heal spontaneously**.

Drink enough and eat healthy. Rest well.

In case of pain or fever you can take **paracetamol**. Adults can take 1 gram of paracetamol 4 to 6 times per 24 hours. Children's doses are calculated according to weight. Use the dosage syringe that comes with the syrup. Do not give paracetamol to children more than 4 times per 24 hours. If in doubt, call your doctor.

Many of you will not actually have coronavirus. Nevertheless, we would like to ask you to stay indoors for the next seven days anyway and certainly not to have any contact with old or sick people.

If your **symptoms worsen** (e.g. respiratory problems, high fever,...), please **call the doctor again**. Always inform that you may be a coronavirus patient.

If you are ill, follow the advice below to avoid spreading the virus to family members and other people in your environment.

Stay home as long as you have symptoms. And stay as far away from your loved ones as much as possible. If possible, stay in a separate room where you can also sleep. Avoid the common rooms of the house as much as possible. Use a scarf or other cloth that covers your mouth if you are in the same room as your housemates. Wash the cloth/scarf you use daily.

Ventilate the rooms of the house. Open the windows of the room where you are staying several times a day for 30 minutes.

When coughing or sneezing, cover your nose and mouth, even if you are alone. Use a cloth or paper tissue for this. If you don't have it at hand, cough or sneeze on the inside of the elbow, the inside of your sweater,.... Discard the paper tissue immediately / put the fabric tissue in a fabric bag and wash it at the end of the day.

Wash your hands several times a day, with water and soap and preferably every time you have coughed or sneezed and after each toilet visit. Rub your hands together for at least 20 seconds and then dry them. Your housemates should also wash their hands regularly and avoid touching their eyes, nose and mouth with unwashed hands. Use disposable towels or wash your fabric towels as soon as they are wet (collect them in a fabric bag and put the bag in the washing machine).

Do not share plates, glasses, mugs, toothbrushes, towels or bed linen with other people.

Disinfect surfaces. Wherever possible, clean surfaces once a day (e.g. table, nightstand, door handle, toilet seat, floor), with water containing 1% bleach (put 10 ml of bleach in a 1 litre bottle and fill with tap water). Also use this water to flush the toilet after bowel movement.

The doctor will discuss how long these measures will be necessary, but they are applicable for at least 7 days, or longer, until the symptoms have disappeared.