



Collective Prevention Services April 2020

Information for COVID-19 Confirmed Patients

What Is COVID-19

COVID-19 is an infection caused by a Coronavirus (SARS-COV 2). COVID-19 spreads from person-to-person. The virus spreads through coughing and sneezing, and through surfaces where infected droplets has fallen on or touched by an infected person.

All confirmed COVID-19 patients have home isolation

Home isolation means that you cannot leave your house. You must stay home. Your household members must also stay at home. This can be a big task and affects the daily life for all the household members.

Investigation the qualification for staying at home

CPS helps to assess the confirmed patient with criteria on which can be decided if the patient is able to stay at home. See background information/ Home Isolation Criteria

- If yes in all answers, the patient is qualified for home isolation.
- If no in all answers, patient does not qualify for home isolation, and will be moved to the Government isolation facility

Discontinuing house isolation (CDC-regulation)

- At least 7 days of (home) isolation from day of onset of symptoms
- At least 3 days no fever (without fever reducing medication)
- At least 24 hours free of symptoms (no cough, no cold symptoms)

Worsening or you need medical assistance

Call the family doctor/general practitioner. Do not go to the doctor's office or the hospital. Reinsure patient has contact information of the doctor or assist.

Information for confirmed case and for (household) contact

- Information on paper in proper language
- Information letter digital



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Background Information

Home Isolation Criteria

Not all confirmed cases will be able to isolate themselves safely at their homes. CPS helps to assess that the confirmed case meets the following criteria:

- The patient is stable enough to receive care at home;
- Appropriate caregivers are available at home;
- There is a separate bedroom where the patient can recover without sharing immediate space with others;
- Resources for access to food and other necessities are available.
- The patient and other household members have access to appropriate personal protective equipment (gloves and facemask) and are capable of adhering to precautions e.g. respiratory hygiene and hand- and cough hygiene
- There are no household members who may be at increased risk of complications from COVID-19 infection (including people >65 years old; people with underlying conditions).

Criteria in the Case of Severely Hospitalized Cases

If a confirmed case has been in the hospital during the course of her/his COVID-19 disease, the criteria for discontinuing home isolation are:

- At least 14 days of (combined hospital and then home) isolation from day of onset of symptoms
- At least 3 days no fever (without fever reducing medication)
- At least 24 hours free of symptoms (no cough, no cold symptoms)

Resources

1. Guidance for discharge and ending isolation in the context of widespread community transmission of COVID-19 – first update. 8 April 2020. Document. Accessed April 10 2020. <https://www.ecdc.europa.eu/en/publications-data/covid-19-guidance-Discharge-and-ending-isolation>
2. Confirmed patient home situation. Netherlands RIVM. Web page. Accessed April 10 2020. <https://lci.rivm.nl/informationpatienthome>



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Letter/Email for confirmed case under home isolation

Dear Sir, Madam,

Because you have tested positive for COVID-19, this information is important to you. Please read carefully the rules you should abide by. This way, you can prevent your (house) hold contacts to become infected.

You will be placed under home isolation. This means that you cannot leave your house. You must stay home. We realise that this can be a big task and that it can affect your daily life.

Is your situation worsening or do you need medical assistance? Do not go to the family doctor (GP) or hospital, but call your doctor.

Your household members are also placed in quarantine for 14 days. They should also follow these rules. This is particularly important for people over 65 or for people who have underlying diseases.

CPS will advise you when your home isolation will end.

- when you have been under home isolation for at least 7 days from the onset of your symptoms
- and you have had no fever for at least 72 hours (3 days) without the use of fever reducing medications
- and when you are free of symptoms (cough and cold) for at least 24 hours.

Do you have any questions? Please contact Collective Prevention Services or call the dedicated coronavirus health line by dialling 914.



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Rules of living

1. Stay home, do not allow any visitors. Family members/household members stay also at home.
 - You can only sit in your garden or on your balcony, with no other people present.
 - You cannot receive visitors, except for the doctor and Collective Prevention Services.
 - Your household members can also not receive visitors.
2. How do you live separately from the other persons in house?
 - Stay in a separate room, where you sleep alone.
 - The other people in your house enter your room as little as possible.
 - You stay 2 metres (6 foot) away from other persons, so no hugging, kissing or having sex.
 - Use your own separate cutlery, plates, cups and glasses and wash them separately.
 - Use your own toothbrush and separate towels.
 - If possible, use a separate toilet and bathroom for yourself.
 - If there is only one toilet, you clean the toilet and the bathroom every day and ventilate every day, by opening the window for 30 minutes.
3. Ensure good personal hygiene
 - Use a paper handkerchief or cough in the fold of your elbow.
 - Use the handkerchief only once and dispose in a bag after use.
 - Regularly wash your hands with water and soap, after coughing, sneezing, after you have been to the toilet, after cleaning and clearing up and before eating.
4. Ensure good hygiene in the separate room
 - Open the window in the separate room a few times a day, for fresh air.
 - Clean the bathroom and toilet every day and also clean the tap, light switches and door handles.
 - Afterwards, wash your hands with water and soap.
5. Ensure good hygiene in the house
 - Clean every day surfaces such as bedside tables, door handles and light switches.
 - First, use a detergent soap and water.
 - Next, clean the hand contact areas such as the toilet flush panel, door handles and light switches with household bleach (125 millilitre in 5 litres of water), or Lysol.
 - Use disposable cleaning cloths or put directly in the laundry basket.
 - Then, wash your hands with water and soap.
6. Ensure good hygiene when disposing waste
 - Avoid spreading body fluids, such as faeces, saliva, mucus, sweat and urine.
 - Put laundry in a separate laundry basket and wash it at least at 60°C with a full wash cycle and normal detergent.
 - Dispose of your waste in a separate waste bag in your own room. The bag can be placed in the usual container.