

**You had contact with someone who has corona at school.**

**The risk of infection is high.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **General information*** You can get sick up to **14 days** after you had contact with the person who is infected with corona. Most people who become ill develop complaints within 10 days after contact.
* The risk of being infected depends on the age of the person who is infected corona and the type of contact.
* The CLB (Center for Student Guidance) asks in-depth questions from the (parent of the) person who has corona and from the school. With this information, the CLB will decide whether there was a contact with a **low risk** or a **high risk of infection**.

|  |  |
| --- | --- |
| After contacts with a **low risk** of infection | **stay vigilant for 14 days** |
|  |
| After contacts with a **high risk** of infection | **10 days of quarantine** | **+ stay vigilant for 4 days** |

 |
| **The risk of infection is high. There is no need to worry, but be extra careful until …/…****What do you\* need to do?** \*you = the pupil or adult who had contact with someone who was infected with corona at school |
| 1. **Limit your social contacts**

|  |  |
| --- | --- |
|  | Quarantine up to and including …/…* Stay at home! Even if you do not feel sick. You may develop complaints later. You can also infect others during that period even if you do not have complaints.
* Only leave your **house** when this is really necessary, for example to go to the doctor. Then always wear a face mask, unless you are under 12 years old.
* Do **not allow visitors** in your home.
* As long as you do not get sick, those living in your house do not have to be quarantined.
 |
|  | If you do not feel sick, you can go back to school from …/…* You do have to limit other contacts. So suspend your hobbies and visits to family or friends up to and including …/…
 |

 |   |
| 1. **Monitor your health closely**
* Take your temperature twice a day.
* Do you have a cold, a fever, have trouble breathing, cough often or is your sense of smell and taste impaired?

Call your **doctor**. Your doctor will decide whether a **test** is necessary and will give you advice.* Does the doctor decide to do the test and does the test show that you have corona? Then notify the school or the **CLB**. This allows the CLB to quickly decide whether additional measures are necessary at school.
 |  |
| 1. **Protect those living in your house**
* Wash your **hands** with soap and water. Do so several times a day,
* **Cough and sneeze** into a paper handkerchief. Throw the handkerchief in the garbage immediately. Then wash your hands.You don't have a handkerchief? Then cough and sneeze into the crease of your elbow.
* Use **separate items at home**: eating and drinking utensils (cutlery, glasses, etc.), toothbrushes and towels.
* Ventilate the house well. **Open** a **window or door** regularly.
* Avoid contact with **vulnerable people living in your house**. This includes people who are elderly, have diabetes, heart or lung problems or weaker immune systems.
 |  |

Contact details of the CLB

This document is based on the Sciensano guidelines. VWVJ, 21-10-2020