

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

**The risk of infection is high.**

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| **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