

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

**The risk of infection is low.**

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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**.

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

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| **The risk of infection is** low**. 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 until to those contacts that are strictly necessary*** You can still go to school.
* You do have to limit other contacts. So suspend your hobbies and visits to family or friends.
* As long as you do not get sick, those living in your house do not have to limit their contacts.
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| 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.
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| 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.
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Contact details of the CLB

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