

# Als u Covid-19 heeft (Engels)

If you have COVID-19

Naar het ziekenhuis? Lees eerst de informatie op [www.asz.nl/brmo](http://www.asz.nl/brmo).

# informatie



# Introduction

Your doctor has informed you that you or your child has COVID-19. The doctor will also inform the GGD.

Additional measures are being taken to prevent the spread of the virus in the hospital.

This folder will provide more information about COVID-19 and the additional measures.

"You" can be replaced with "Your child" if your child has the virus.

## COVID-19 symptoms

COVID-19 is an infectious disease that is caused by the SARS-CoV-2 coronavirus.

The most common COVID-19 symptoms are:

- Respiratory complaints: cold, cough, sore throat, shortness of breath and/or
- flu-like symptoms (fever above 38 °C, feeling generally ill, muscle or joint pain).
- However, extreme fatigue, pain behind the eyes, unexplained diarrhoea and loss of smell and/or taste can also indicate a COVID-19 infection.

# Spread of the virus

The virus can spread through the air through tiny droplets, and through direct physical contact.

Anyone who has been within 1.5 metres of you or had physical contact with you may have been infected with the virus.

People who have had contact with you may become ill up to 14 days after contact.

## Isolation

The following isolation measures will be taken to prevent the spread of the virus:

- You will receive care in a single room or a shared room with other COVID-19 patients. You may be transferred to another department for this.
- You are not allowed to leave the room, except for examination or treatment.
- The door to your room will be kept shut as much as possible.
- Hospital staff entering the room will wear a face mask, safety glasses, apron and gloves.
- If you have to leave the room or department, you must wear a face mask; the staff accompanying you will also wear a mask.
- Your family can take your laundry home with them. They must place the laundry in a plastic bag in your room. In the hallway or anteroom, the bag must be placed in a second bag. The laundry must be washed at 60 °C at home.

## **Lifting isolation**

The isolation may be lifted if you do not have a fever for 48 hours, the symptoms have improved and you test negative for SARS-CoV-2.

## **Examination or treatment**

A COVID-19 infection may be a reason to postpone an examination or treatment. The treating physician will determine whether it is prudent to delay the planned examination or treatment.

## **Visitation**

- Visitors must first report to the reception desk of the nursing ward.
- Visitors must wear a face mask during their visit.
- If visitors want to visit multiple people in the hospital, they must visit the other patients first and see you or your child last.
- Visitors must leave the hospital immediately after visiting you.
- If visitors adhere correctly to the prescribed measures, there is no risk of infection for them.

## Going home

After you are discharged from the hospital, you will be subject to the rules drawn up by the RIVM, which can be found on the RIVM website, [www.rivm.nl/coronavirus-covid-19](http://www.rivm.nl/coronavirus-covid-19)

## In closing

We understand that some of these measures may not be pleasant. We hope you will understand. If you have any questions, do not hesitate to ask your doctor or nurse.

If you have any questions after you are discharged from the hospital, you can contact the GGD, tel. nr. +31 78 770 85 80.



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