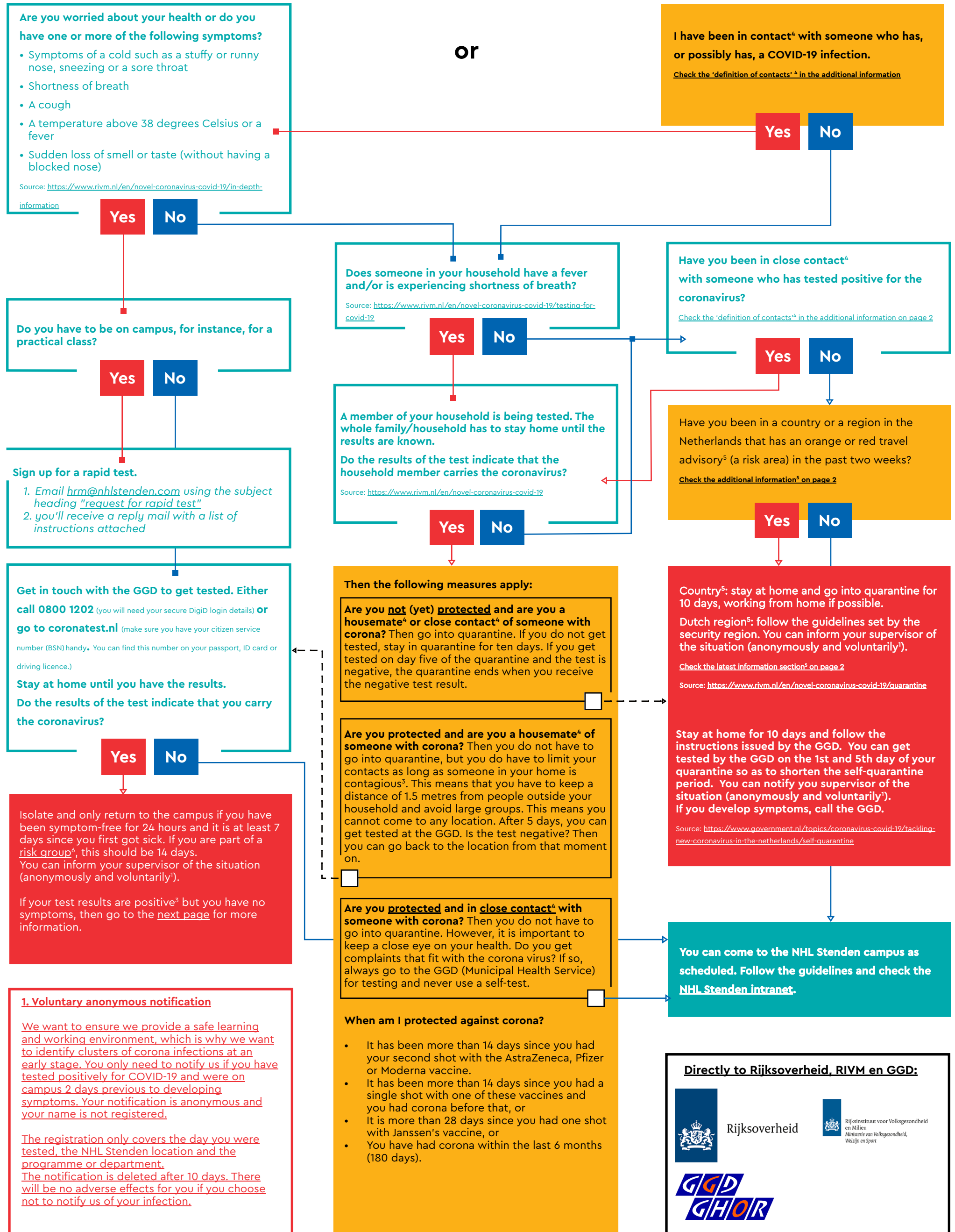


Corona flowchart for employees

Work on campus or not?



2. You have tested positive but have no symptoms

- Keep an eye on your health. You may still develop symptoms so isolate for 5 days after your test. You may also be contagious before you start showing symptoms. Other members of your household should also stay home as you may have infected them. This will prevent them spreading the virus further.
- You can come out of isolation 5 days after the test if you have no symptoms of COVID-19. The GGD (the Municipal Public Health Service) will discuss this with you.
- If you develop symptoms within 5 days of the test, then you must stay in isolation for longer. Members of your household also have to stay in quarantine for 10 days after the last contact with you. The GGD will give you more information.

If you become seriously ill and need medical care, then call your doctor immediately. Do not go to the doctor's practice or the hospital

Sources:

- <https://lci.rivm.nl/informatiepatientthuis>
- <https://www.rivm.nl/en/novel-coronavirus-covid-19/quarantine>

3. What is isolation?

If you test positive, you have COVID-19. You will then be placed in isolation. Isolation is similar to quarantine but different in two ways:

In quarantine, you are still allowed to have contact with household members who are not infected. In isolation, you avoid all contact as much as possible. This means that you stay at home and preferably in your own room. You leave this room as little as possible and your housemates come into this room as little as possible. You use your own dishes, cutlery, toothbrush and towels. If possible, you will use your own toilet and shower.

Has it been 7 days (or more) since you had complaints? And have you had no symptoms for 24 hours? Then you are no longer contagious and may leave isolation. If you continue to have symptoms, you can stay in isolation for up to 14 days. People with reduced immunity due to illness or medication remain in isolation for 14 days, even if their symptoms disappear sooner.

If you have tested positive without having any complaints, you will be isolated. Then you will be isolated anyway. You can still get symptoms and in the days before the symptoms start people are very contagious. The Municipal Health Service (GGD) will tell you how long your isolation will last if you do not develop any complaints: this varies from 3 to 5 days.

Do you become seriously ill and need medical help? Do not go to the doctor or hospital, but call the family doctor immediately.

Source: <https://www.rivm.nl/coronavirus-covid-19/quarantaine-en-isolatie>

Additional information

4. Definition of contacts

If you have contact with someone for an extended period of time, or have been in very close proximity to someone, you are more likely to become infected. During source and contact tracing, the GGD reviews what types of contact you had and what you should do in each case. People who have had contact with others are classified into 3 groups:

Household members: The people who live in the same household as you, who you often spend time with for more than 15 minutes at a distance of less than 1.5 metres. > [More information](#)

Close contacts:

Someone, other than your household members, who you spent time with for more than 15 minutes at a distance of less than 1.5 metres. Or someone who you spent time with for more than 15 minutes at a distance of less than 1.5 metres, cumulatively within a 24-hour period. Someone who you spent time with for less than 15 minutes at a distance of less than 1.5 metres, with a major risk of infection. For example, if someone coughed in your face, or if you had physical contact such as hugging or kissing. > [More information](#)

Other contacts:

Someone who you spent time with for more than 15 minutes, while staying more than 1.5 metres apart in an indoor space. For example, in a room at the office, in a classroom or during a meeting.

Someone who you spent time with for less than 15 minutes at a distance of less than 1.5 metres, with a minor risk of infection. For example, a brief encounter at a distance of less than 1.5 metres.

Source: <https://lci.rivm.nl/COVID-19-bco>

5. Latest information

The latest information on countries considered COVID-19 risk areas can be found on the following websites:

- <https://www.netherlandsworldwide.nl/documents/frequently-asked-questions/consequences-of-coronavirus-for-travelling-abroad-where-can-i-find-more-information>
- <https://nederlandwereldwijd.nl/reizen/reisadviezen>

6. Risk groups

- **People over 70 years old**
People who are over 70 years old have a higher risk of severe illness from COVID-19. This has become apparent from international research. That holds true in the Netherlands as well: half of the patients admitted to hospital with COVID-19 in this country are over the age of 69. Three-quarters of the deceased who had tested positive for COVID-19 were over 76 years old.
- **Vulnerable older people who have difficulty staying self-reliant are more at risk than older people who are fit and healthy.** Vulnerability increases with age and can manifest itself in various ways. For example, some vulnerable older people may need assistance with physical care, while others may have memory problems and regularly attend adult day services.
- **Some adults with certain underlying health conditions** run a higher risk of becoming seriously ill with the coronavirus. These are people with one or more of the following conditions: respiratory or pulmonary problems, chronic heart disease, diabetes, kidney disease, weakened immune system, HIV infection or with an HIV infection with a cluster of differentiation 4 (CD4) below 200/mm², liver disease, morbid obesity.

You can read the full list and description of risk groups on the RIVM website.

Source: <https://www.rivm.nl/en/novel-coronavirus-covid-19/risk-groups>