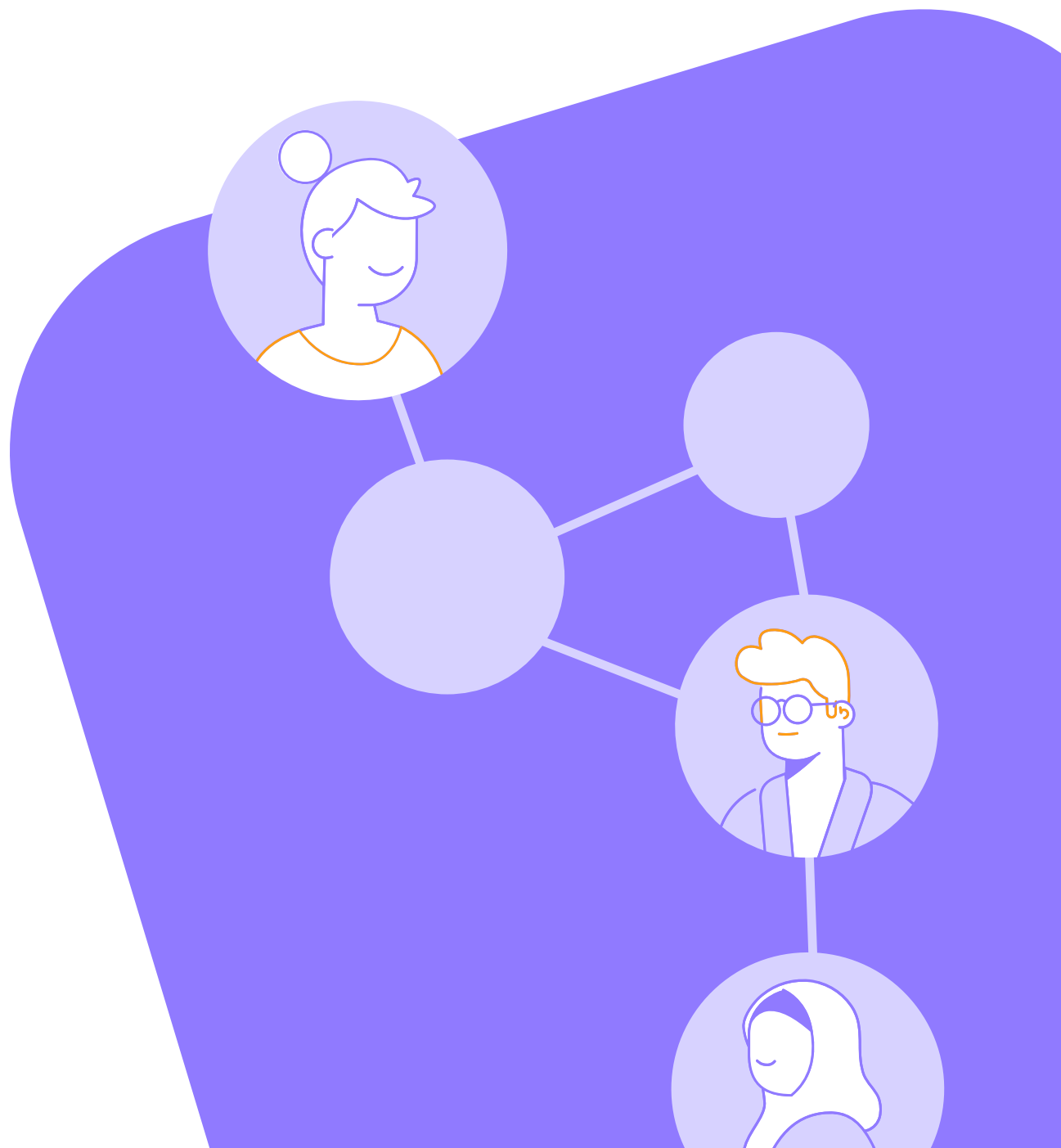


Stop corona- virus from spreading

Inform your contacts that you have coronavirus

This brochure tells you how you can inform your contacts that you have coronavirus. First, check when you started to be infectious. Then look at who you met during that time. Last, send these people the information they need.



01

When can I have infected other people?

Before you inform your contacts, you need to know the day that you started to be infectious. You can have infected people if you have symptoms. But also if you do not have symptoms.

Do you have symptoms?

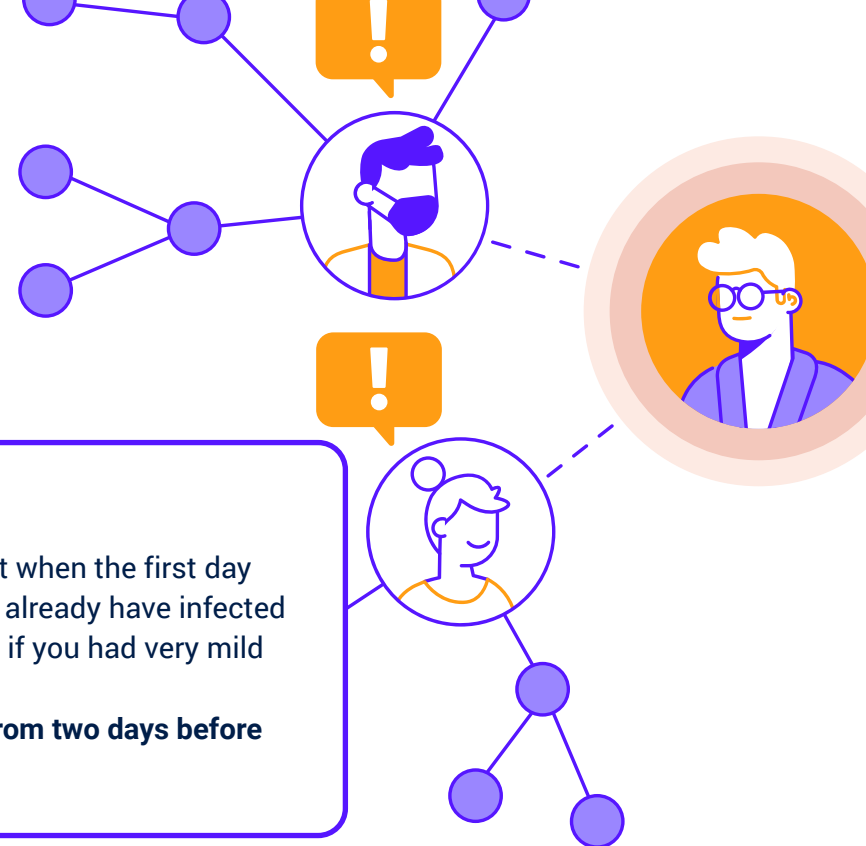
Do you have symptoms? Then figure out when the first day was that you had symptoms. You could already have infected other people two days before that. Even if you had very mild symptoms.

Inform everyone you had contact with from two days before you had symptoms until now.

Do you not have any symptoms?

Have you not had any symptoms? Then choose the day of the test at the GGD or another organisation that collaborates with the GGD. Did you do a self-test at home first? Then choose the day of the self-test.

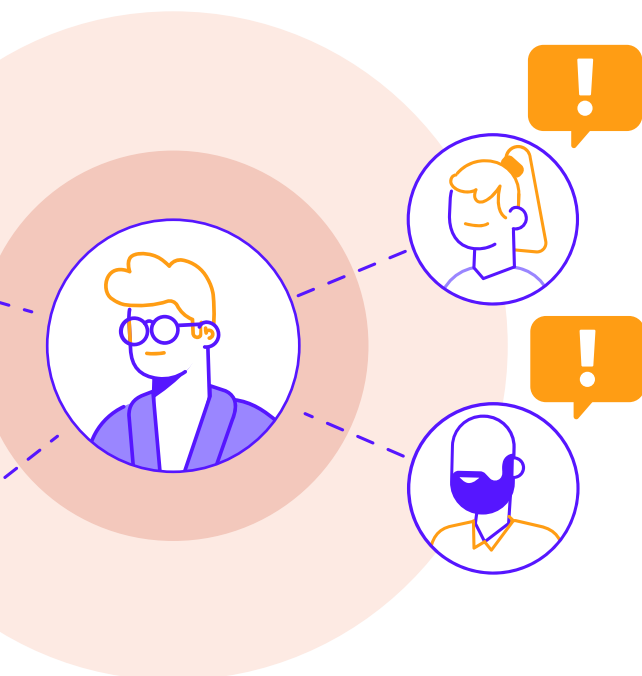
Inform everyone you had contact with from this day until now.



Important! Do you have asthma, COPD or hay fever? And did your symptoms get worse before the coronavirus test? Then choose the day that the symptoms got worse. Inform everyone you had contact with two days before that day until now.

02

Who should I inform that I have coronavirus?



1. Inform everyone who lives in the same house as you

On the last page of this brochure you can see '[What do I tell my contacts?](#)' It has a link to a online letter for people who live in the same house as you. Send them this link.

2. Inform everyone you had close contact with

What is close contact?

- Someone you saw for more than 15 minutes at a distance of less than 1.5 metres. Add the periods of time together. Did you see someone twice for 10 minutes at a distance of less than 1.5 metres? Then they are also a close contact.
- Someone you saw for less than 15 minutes at a distance of less than 1.5 metres and that you hugged or kissed. Or if you sneezed or coughed near them.

On the last page of this brochure you can see '[What do I tell my contacts?](#)' It has a link to a online letter for close contacts. Send them this link.

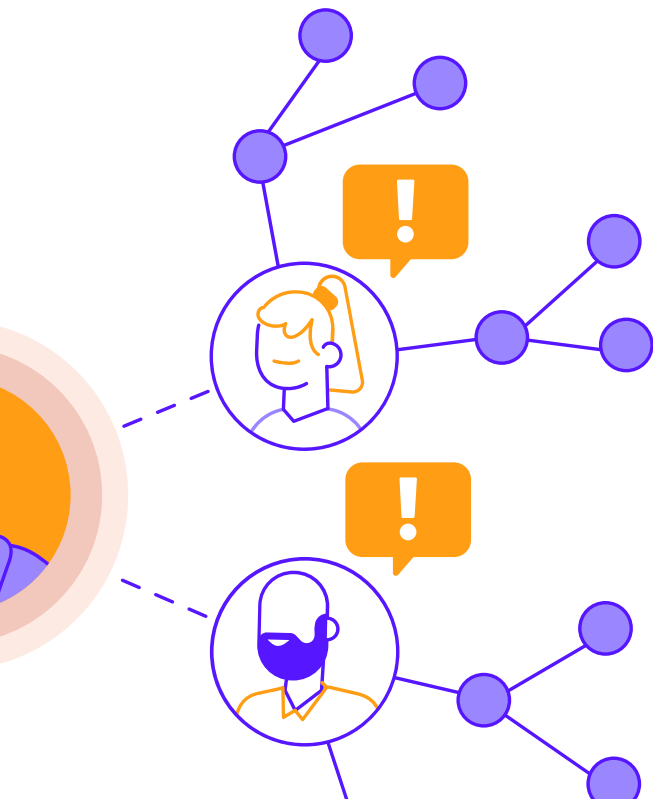
3. Inform everyone you had other contact with

What is other contact?

- Someone you had contact with for longer than 15 minutes. And you were standing or sitting more than 1.5 metres away from each other, for example in an office or a classroom.
- Someone you had contact with for less than 15 minutes. And you were standing or sitting less than 1.5 metres away from each other, indoors or outdoors.

On the last page of this brochure you can see '[What do I tell my contacts?](#)' It has a link to a online letter for other contacts. Send them this link.

Tips to help you remember everyone



Step 1

Write down the days that you were infectious. See: [When can I have infected other people?](#)
This can be more days than there are in the list. The list is just an example.

Step 2

Write down what you did on those days. Use the memory aids below.

Step 3

Write down the names of all the people you met. This can be more than 5 people.
The list is just an example.

Step 4

For each person, decide if they are a member of your household, a close contact or an other contact. See: [Who should I inform that I have coronavirus?](#)

MEMORY AID

Try not to forget anyone. You can do these things to help you remember what you have done and where you have been:

- Look at your photos
- Look back in your calendar
- Check your social media
- Check your bank account to see where you spent money

MEMORY AID

Try not to forget anyone.
Also think about:

- Who were you in the car with?
- Who came to visit?
- Who did you speak to outside?
- Who did you talk to at work?

Do you have symptoms?

Then please fill in this list.

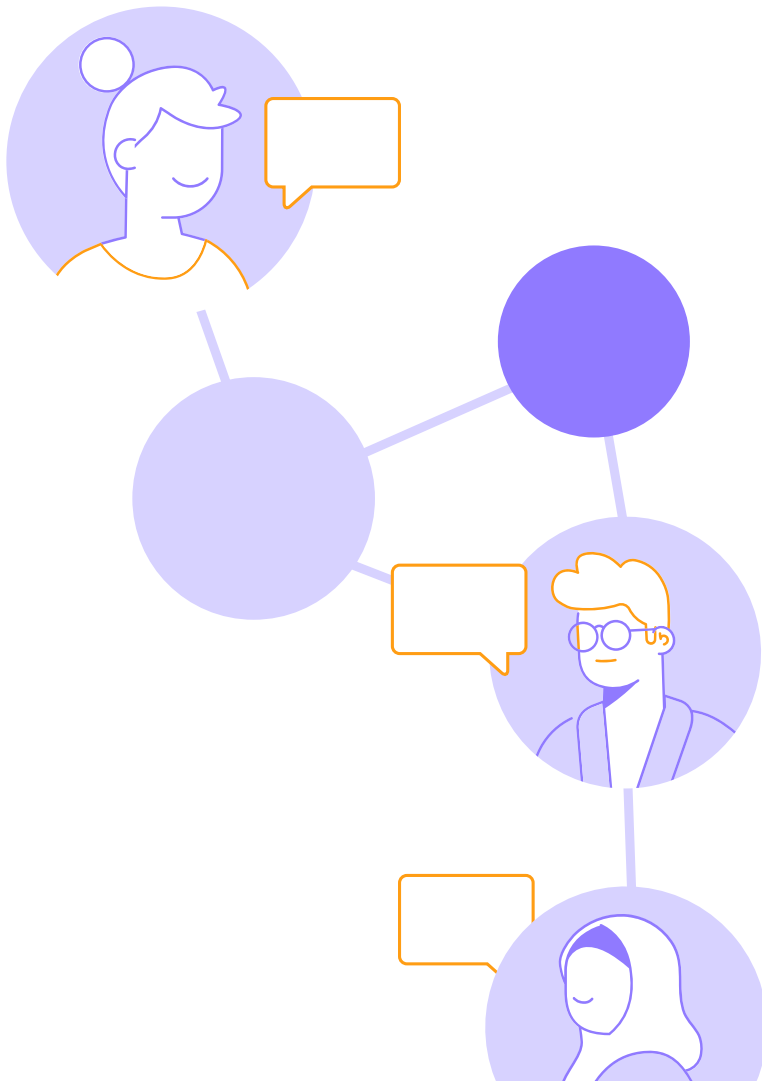
When?	What did you do?	Who? <i>Write down all names</i>	Close contact or other contact?	Informed?
Two days before you started having symptoms <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No
One day before you started having symptoms <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No
First day that you had symptoms <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No
Second day that you had symptoms <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No

Do you not have any symptoms?

Then fill in this list.

Day of the first positive test <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No
First day after the first positive test <i>Write down the date</i>		1.	1. Yes / No	1. Yes / No
		2.	2. Yes / No	2. Yes / No
		3.	3. Yes / No	3. Yes / No
		4.	4. Yes / No	4. Yes / No
		5.	5. Yes / No	5. Yes / No

What do I tell my contacts?



Did you write down everyone you had contact with? Then you can call them. You can also send them a WhatsApp message, a text message or an email.

Tell everyone that you have coronavirus. And that you may have been infectious when you met. These online letters explain what this means for your contacts. You can send your contacts these links in a WhatsApp message, a text message or an email.

- Letter for people in your household:
<https://lci.rivm.nl/covid-19-contacten-EN>
- Letter for close contacts:
<https://lci.rivm.nl/covid-19-contacten-EN>
- Letter for other contacts:
<https://lci.rivm.nl/covid-19-contacten-EN>

Do you have questions?

You can call your local GGD.

You can find the telephone number of your local GGD at www.ggd.nl.