

# COVID-19 INFECTION IN THE CLASS: WHAT TO DO?

In classes with up to 75 people students are no longer required to keep 1.5 meter distance from each other. Only after a person has been tested positive for COVID-19, do we know there has been an infection in the classroom. Anyone who is infected has to stay at home and report this to their study programme. For those who have been in contact with the infected person in class or elsewhere:

## PROTECTED FROM COVID-19

- 14 days or more ago, you've had your 2nd shot of the AstraZeneca, Pfizer or Moderna vaccine, or
- 14 days or more ago, you've had 1 shot of one of these vaccines and you've recovered from COVID-19 before this, or
- 28 days or more ago, you've had 1 shot of the Janssen vaccine, or
- you've had COVID-19 in the last 6 months (180 days).

### NO COMPLAINTS?

You don't have to go into quarantine and you don't need to get tested. It is important to keep a close eye on your health.

### COMPLAINTS?

## NOT PROTECTED AGAINST COVID-19

If none of the above applies to you, you have to follow these rules to prevent the people around you from getting infected.

### COMPLAINTS/NO COMPLAINTS?

Do you have any of the following complaints that fit COVID-19:

- cold symptoms: nose cold, runny nose, sneezing, sore throat
- cough
- tightness around your chest or shortness of breath
- elevated body temperature or fever
- sudden loss of smell and/or taste

Immediately, make an appointment with the GGD to get tested via 0800-1202 or [coronatest.nl](https://coronatest.nl). Never use a self-test in case of complaints.

### 1. GO INTO QUARANTINE

Quarantine yourself right away at home.

By staying at home, the chance that you will infect other people is small, if it turns out that you have COVID-19.

*At the bottom of this document are the rules for quarantine.*

*If you need help with the quarantine, read [this website](#) with more information and tips.*

Do you get seriously ill during the quarantine and do you need medical help? Call your general practitioner immediately and say that you have been in contact with someone who has COVID-19.

### 2. GET TESTED

5 days after the last moment of contact with the infected person, have yourself tested at the GGD. The result will determine whether you are allowed to get out of quarantine. If the test result is negative, you can stop quarantining. Make an appointment with the GGD via 0800-1202.

### 3. HEALTH COMPLAINTS

Keep a close eye on your health for the next 10 days.

## QUARANTINE RULES

It is important that you follow these rules. This way you can help prevent the coronavirus from spreading to the people around you.

### STAY HOME AND KEEP YOUR DISTANCE

During the quarantine you stay at home. You are not allowed to go to school or participate in any group activities, such as sports. You are allowed to sit in your garden or on your balcony. You have no contact with people outside the household. Try to keep 1.5 meters distance from roommates.

Do not receive visitors at home.

### HYGIENE

Wash your hands regularly with soap and water. Always wash your hands:

after coughing and sneezing; after going to the toilet; before preparing or eating food.

- Use a paper handkerchief to cough, or cough into the crease of your elbow.
- Use a handkerchief only once, throw the handkerchief away after use, and wash your hands.

*Are you no longer in quarantine and do you get complaints that fit COVID-19? Immediately, make an appointment with the GGD to get tested via 0800-1202 or [coronatest.nl](https://coronatest.nl). Never use a self-test in case of complaints.*

*For more information on what to do in case of COVID-19, visit [Informatiehulp.rivm.nl](https://informatiehulp.rivm.nl).*