

MEASURES FOR RESIDENTS IN THE ISOLATION ZONE

What is the coronavirus?

The coronavirus (Covid-19) is a disease which is very similar to the flu. The virus causes respiratory complaints, coughing and fever. Most people will recover from the virus (generally within 7 days). For older people and people with lung, heart or kidney problems, for example, the virus can be more dangerous.

The coronavirus is transmitted between people. When an infected person coughs or exhales, the virus is spread through small droplets from the nose or mouth. An infected person can also transmit the virus through hand contact. If you are ill, you must ensure that you do not infect other people.

What are the symptoms?



Fever (above 37.5°C)



Coughing and/or
sneezing



Sore throat



Difficulty breathing

What is the isolation zone?

The isolation zone is a room at the reception centre where people must be kept separate for a minimum of 7 days. People in the isolation zone may not have any contact with other residents at the reception centre. This isolation (separation) is necessary in order to prevent other people from getting ill and to stop the coronavirus from spreading further.

The measures in the isolation zone

During your stay in the isolation zone, you must follow these measures. This way, you can ensure that you do not infect people entering the isolation zone with the coronavirus.



Stay in your room

- Stay in your room or in the isolation zone.
- Only leave the isolation zone for urgent or sanitary reasons.
- Wear a mask when you leave the isolation zone.



Your personal hygiene

- Wash your hands very regularly with soap and water
 - before eating
 - after every visit to the toilet
 - after coughing or sneezing
 - whenever you leave the room
- Touch your face as little as possible
- Continue to take care of your personal hygiene





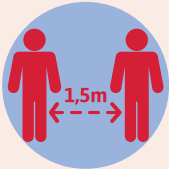
Use paper tissues

- Use a new paper tissue when coughing or sneezing.
- Discard tissues in a rubbish bin with a lid.
- If you do not have a paper tissue, then cough or sneeze into your elbow.



Do not share your things

- Do NOT share your things (toothbrush, cutlery, clothes, towel, sheets) with other people.
- Do NOT share your cigarettes with other people.



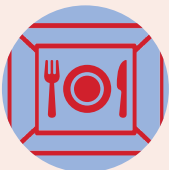
Keep a distance

- Keep a 1.5-metre distance from other people (if possible, a 1-metre distance in your room too)
- You may not receive any visitors in the room or the isolation zone.
- Do not wear a face mask in the isolation zone.
- Only staff who must enter the isolation zone will wear a face mask.



Keep your room clean

- Clean any surfaces you touch (table, door handles, floor, toilet seat, etc.) using a cleaning product every day.
- Flush the toilet with the lid closed.
- Put your dirty washing in the bag provided. Your washing will be collected and washed for you.
- Open the windows 3 times a day to air out the room.
- Throw all your rubbish, paper tissues and waste in the bin. Close the bin lid.



Eat in your room

- You will be given your meals in your room. Do not go to the refectory.
- After the meal, if possible, wash the reusable materials with soap and water and leave them ready by the door of your room. The materials will be collected.



Your medical care

- A member of the medical team will visit you regularly in the isolation zone. Follow their instructions to the letter.
- It is not permitted to visit the medical service or the reception yourself.
- If you need someone from the (medical) team because your symptoms are worsening (high fever, difficulty breathing), then please make contact on
- Stay in your room and wait.
- If necessary, the doctor or nurse will come to visit you in your room.



Keep going!

We know that life in isolation is not easy. Please keep in mind that your stay in the isolation zone is temporary. By following these measures closely, you are ensuring that your friends, family and other people at the reception centre do not fall ill. That makes you a bit of a hero for the people you know. Many thanks for following the measures and we wish you a speedy recovery!

Do you have a question? Are you feeling depressed? You can contact the medical team or the reception centre staff on