

PROTOCOL CORONAVIRUS

This protocol has been drawn up in relation to the corona virus and is intended to provide clear instructions on how to prevent the spread of corona and how to act when you or somebody in your environment has the virus.

Level 1 Flex followed the RIVM guidelines when drawing up this protocol. In case the RIVM guidelines change, the protocol will be adjusted.

Every Level 1 Flex member is explicitly asked to follow the instructions of this protocol.

1. Personal hygiene

- Wash your hands regularly and thoroughly (at least 20 seconds), at least before lunch and after a visit to the toilet
- Dry your hands with a paper towel
- Cough and sneeze into your elbow
- Use paper tissues and throw them away immediately after use
- Touch your mouth, nose and eyes as little as possible
- Do not share plates, cutlery, glasses and cups with others

2. Workplace hygiene

- Pay attention! At the workplace, you have to follow the corona virus protocol from the client where you currently work. Ask the client for the protocol!

3. Housing hygiene

- Door handles, handrails, light switches, lift switches, kitchens, faucets, toilets, floors and sinks must be cleaned regularly
- Do not share plates, cutlery, glasses and cups with other residents
- Use disposable wipes to clean

4. Visit from/to others

- Check in advance whether others have recently been in a risk area. If this is the case, postpone the visit or contact others by telephone, video call or internet

- Avoid non-essential journeys.

5. Instructions for (suspected) illness

- Always contact your doctor by telephone if:
 - you have a fever and respiratory complaints (cough/shortness of breath)
 - you have been in a risk area in the past two weeks
 - you have been in contact with someone from a risk area in the past two weeks
 - you have been in contact with a patient with the corona virus in the last two weeks (check the current risk areas here: <https://www.rivm.nl/coronavirus/covid-19/verspreiding>)
 - someone in your immediate environment (family/friends/colleagues) has a fever and respiratory complaints
- The doctor consults with the GGD whether a coronavirus test is required

6. Communication

- For questions about the protocol you can contact your Level 1 Flex office by phone or send an email to admin@flexgroup.eu

On the website of the RIVM you can find an extensive set of questions and answers regarding the coronavirus. Is your question not on the list? Then contact the General Infectious Disease Control team via e-mail: infectieziektenhm@gddhm.nl or tel. 088-3084242 (workdays from 8.30 to 17:00 hours).

Kind regards, Management
Level1 Flex