

Covid-19 newsletter for parents

3 October 2022



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1. On to autumn!

In summer, corona seemed to be gone for a while; corona measures were lifted and life seemed to go back to normal. Unfortunately, now that autumn is approaching, we are seeing an increase in the number of infections. Fortunately, children generally do not get very sick from the corona virus. Nevertheless, it is important that they still follow basic rules to prevent further spread of the virus.

2. These basic rules still apply

The advice below will help prevent infection of your children, yourself and others as much as possible. And, in this way, people's health concerns are taken into account.

Basic anti-corona advice:

 <p>Was vaak je handen.</p>	 <p>Hoest en nies in je elleboog.</p>	 <p>Klachten? Blijf thuis en doe een test.</p>	 <p>Zorg voor voldoende frisse lucht.</p>	 <p>Haal een vaccin, booster- of herhaalprik.</p>
Wash your hands often	Cough and sneeze in your elbow	Symptoms? Stay at home and do a test	Provide plenty of fresh air	Get a vaccination and booster jab

Read the [coronavirus measures in brief in English](#) on Government.nl.

3. What to do in case of complaints that may indicate corona?

Does a student or staff member have complaints that fit corona virus?

If so, they do the following:

- o The pupil or staff member stays home.
- o The pupil or staff member takes a self-test. They receive free self-tests through the school.
- o If the test result is negative, the pupil or staff member may return to school.
- o Is the self-test result positive? Then they stay home.

The staff member/parents of the student inform the people who have been contacted.

[See how to do that here](#)

- Does your child have symptoms consistent with coronavirus, do you want to do a test and find it difficult or exciting to take a test yourself? Then your child may also come to the GGD for testing. You can make [an appointment online](#) (Coronatest.nl) or by calling [0800 1202](#).
- Does your child have symptoms consistent with coronavirus and you do not take a (self-)test? If so, keep your child at home. Your child may return to school if he/she is completely symptom-free for 24 hours.

4. More information

- [Coronavirus Covid-19 | Government.nl](#)

And in Dutch:

- [Regels gezinnen met kinderen na positieve corona \(zelf\)test | Coronavirus COVID-19 | Rijksoverheid.nl](#)
- [Je kind laten testen op corona | Coronavirus | NJi](#)
- [Scholen en kinderopvang corona | GGD Kennemerland](#)
- [Coronavirus en basisonderwijs, voortgezet onderwijs en speciaal \(basis\)onderwijs | Coronavirus COVID-19 | Rijksoverheid.nl](#)

5. Questions about Covid-19?

Callcenter corona GGD Kennemerland 023-789 1631

Monday to Friday from 8.30 a.m. to 8 p.m

Saturday and Sunday from 10 a.m.-5 p.m.

Kind regards,

Department of Infectious Disease Control
GGD Kennemerland Public Health Service

