

FAQ about Corona

When should I get myself tested?

When noticing complaints possibly indicating Corona / COVID-19, you should get yourself tested. The most common symptoms of COVID-19 are:

- Symptoms consistent with a cold (nasal cold, running nose, sneezing, sore throat)
- Coughing
- Shortness of breath
- Fever
- Sudden loss of taste or smell (without nasal congestion)

Attention: If you are experiencing any of these symptoms you must stay at home until you have received the results of the test: You must not go grocery shopping or go to work, and do not receive guests at home. If you have an existing healthcare appointment, please move your appointment.

Attention: If you are experiencing mild symptoms and a fever above 38°C and/or shortness of breath, then your housemates must stay at home, too, until the results of the COVID-19 test are known.

How can I get myself tested for corona?

You must make an appointment at the GGD yourself. They are reachable daily from 8.00-20.00 by calling 0800-1202. You can also make an appointment online through the website coronatest.nl, which requires a DigiD.

More information on the testing policy can be found on the RIVM website.

Attention: If you are not experiencing COVID-19 symptoms, you cannot get yourself tested, as the results are not reliable at that moment.

Will the general practitioner call me when I've been tested positive?

You will be informed by the GGD about the results of your COVID-19 test. The GGD will inform us if you have been tested positive, so that we can take this into account if your symptoms worsen.

As many people experience mild symptoms that do not require the care of a general practitioner, we do not reach out to you.

What can you do with frequently occurring symptoms of Corona?

Unfortunately, there are currently no medications accelerating your recovery from the Corona virus. It is a flu and cold virus from which only time can heal you. With most people the Corona virus takes a mild course which does not require the care of a general practitioner. The use of self-care medications might provide some relief.

If you are experiencing a fever, please rest and make sure you drink enough fluids. Drink at least 1,5 to 2 liters of water a day. Paracetamol can provide relief.

If you are coughing a lot, try drinking enough fluids, as well. Hot drinks (with honey) or a cough drop can provide relief. Make sure you get enough fresh air at home. If you are currently smoking, it is wise to stop (at least as long as you are coughing). Try to clear your throat as little as possible, as it will become irritated.

With a sore throat the same advices are given as with coughing. With significant pain paracetamol can provide relief, too.

With a headache you should rest and you can use paracetamol, as well.

When should I contact the general practitioner?

In the following situations you should contact us:

- You have been getting sicker over the past few days
- You are breathing more rapidly or more difficult (for example whilst walking)
- You have a fever for more than 3 days (38°C or up)
- You are over 70 years old, have a chronic disease or a weak immune system AND you get a fever

Preferably call us between 11.00 and 12.00 during our telephone consultation hour (option 6 in the menu). You will immediately be calling with a doctor. Are you worried and your question cannot wait until the telephone consultation hour? Please call the assistant (option 5 in the menu). Do not come to the practice without consultation over the phone first!

In case the practice is closed, please contact the general practitioners office HADOKS though 070-3469669

Can I visit the general practitioner or can the general practitioner visit me if I have been tested positive for Corona?

The general practitioners in The Hague work together in the care for Corona patients. In case you have Corona and need to see the general practitioner, we will make an appointment for you at the HADOKS general practitioners office, or a doctor will visit you. These doctors will use insulating clothing and personal protective equipment to prevent the spread of the virus.

So you cannot be seen at your own practice by your own general practitioner if you have Corona.

The practice's telephone consulting doctor will discuss with you if it is necessary for you to be seen by a doctor. If so, we will communicate this with HADOKS. HADOKS will then get into contact with you for an appointment.

How do you prevent getting Corona?

To prevent getting the virus you can take the following measures:

- Wash your hands with soap often.
- Sneeze and cough in your elbow.
- Use paper tissues.
- Don't shake hands with other people.
- Keep a 1,5 meter distance from other people.

What should I do if my housemate is sick?

In case your housemate is experiencing any symptoms indicating Corona, then it is important that they get themselves tested.

In case your housemate is tested positive, you yourself must go into 10 days of mandatory quarantine. The GGD will provide you with information.

To prevent getting Corona please keep a 1,5 meter distance. It is also important to stay in separated spaces as much as possible. Ventilate your house frequently. Clean the common areas frequently, as well. Wash the patient's clothes separately and if possible at 60°C. Use separate towels, cutlery, plates and glasses. The GGD will provide you with information on this.