

## WHO-richtlijn

Ik geef onderstaand enkele citaten weer die relevant zijn voor de huidige discussie.

- Contact tracing begins with engaging communities about the disease, how to protect individuals and their communities, and how to suppress transmission. Contact tracing requires individuals to agree to daily monitoring, to be willing to report signs or symptoms of COVID-19 promptly, and to be prepared to go into quarantine for at least 14 days or into isolation if they become symptomatic.
- It is critical that contact tracing and associated steps, such as quarantine of contacts and isolation of cases, not be used punitively or associated with security measures, immigration issues, or other concerns outside the realm of public health. (...)As such, WHO recommends voluntary participation by cases and their contacts.
- The contact tracing team should develop a list of persons who had been in contact with the COVID-19 patient. Each contact should first be contacted by phone or in person to determine whether they meet the contact definition and thus require monitoring.
- Information should ideally be provided over the phone or in person, although alternative approaches such as text messages and emails could be considered when direct contact cannot be made.
- **Daily monitoring**  
Daily monitoring refers to the regular communication between the contact tracing team and the contacts they have been assigned to monitor for any sign of illness. The options for daily monitoring include:
  - **Direct monitoring by the contact tracing team**, monitoring potential signs and symptoms by phone or visiting them in person. Contact tracers should implement standard precautions and physical distancing.
  - **Self-reporting**, whereby contacts self-monitor and report any signs and symptoms to the contact tracing team. Self-reporting should be conducted daily, even if no signs or symptoms are present (so-called zero reporting).
  - Contact tracers collect information on signs and symptoms from each contact on a **contact tracing form on a daily basis**. Electronic data capture tools should be used wherever possible (see section on Information technology). Table 2 outlines the minimum information that should be captured on the contact tracing form.
- Key information on the contact tracing form:
 

<b>Daily follow-up of signs and symptoms</b> (daily entry fields)	<ul style="list-style-type: none"> <li>• <b>Fever</b> (perceived or measured, and reported or observed)</li> <li>• <b>Other signs and symptoms:</b> sore throat, cough, runny nose or nasal congestion, shortness of breath or difficulty breathing, muscle pain, loss of smell or taste, or diarrhoea</li> </ul>
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Hieruit kan worden afgeleid dat de WHO-richtlijn uitgaat van dagelijks contact tussen het BCO-team en de nauwe contacten en het dagelijks invullen van een formulier door het BCO-team.

### ECDC-richtlijn

De WHO-richtlijn is een richtlijn voor de gehele wereld en houdt ook rekening met allerlei omstandigheden, bijvoorbeeld onvoldoende testcapaciteit, communicatiemogelijkheden of BCO-resources. Op basis van de WHO-richtlijn stelt de ECDC een richtlijn op voor Europa. Ook hieruit enkele relevante citaten:

High-risk exposure contacts should be actively monitored by public health authorities, whereas low-risk exposure contacts could self-monitor for symptoms while observing physical distancing measures and avoiding travel. Quarantine should be considered for high-risk exposure contacts [14]. If symptoms of illness occur, contacts should immediately self-isolate and seek medical advice, preferably by phone first, always following recommendations of the national/local authorities.

Nauwe contacten	Overige contacten
<p>For a period of 14 days after the last exposure to a COVID-19 case:</p> <ul style="list-style-type: none"> <li>➤ Active follow-up of the contacts (e.g. daily phone calls, e-mails, text messages). Contacts can be encouraged to also proactively contact public health authorities as soon as they develop any compatible symptoms, outside of the scheduled follow-up;</li> <li>➤ testing of contacts that develop COVID-19-compatible symptoms if possible**</li> <li>➤ if test is negative, continue individual actions for a period of 14 days after the last exposure;</li> <li>➤ if the test is positive, notify the case and initiate contact tracing.</li> </ul>	<ul style="list-style-type: none"> <li>➤ For a period of 14 days after the last low-risk exposure to a COVID-19 case:</li> <li>➤ Encourage low-risk contacts to proactively contact public health authorities if they develop any compatible symptoms;</li> <li>➤ If the contact develops COVID-19-compatible symptoms, follow steps as for high-risk contacts.</li> <li>➤ Based on individual risk assessments, public health authorities may consider excluding low-risk exposure contacts from work if they work with vulnerable populations (e.g. those who provide care to elderly)</li> </ul>