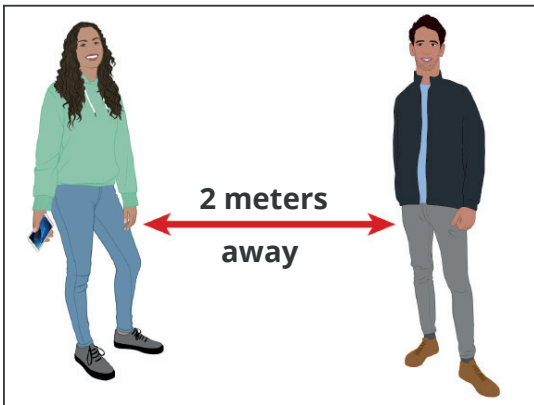


Coronavirus

What you need to know about the Coronavirus.
If you have questions, call: 0800-1351



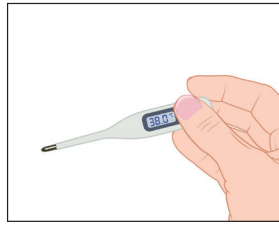
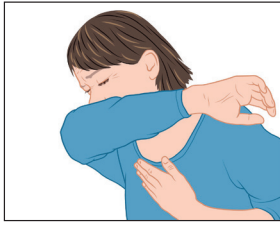
Advice for at home:

- Stay at home as much as possible.
- Do not allow more than 3 people to visit you.
- Stay **2 meters** away from other people.



Advice for outside the house:

- **Groups of more than 2 people are not allowed.** The police can give you a fine if this rule is broken.
Only a family with children will not receive a fine.
- Stay 2 meters away from other people.
- Go to the supermarket alone. Do not take your children, if possible.
- You are allowed to go outside for a walk, but not in busy places.
- Children younger than 12 years old can play outside with friends.
However, this should also be done in small groups.



Advice for people who have health complaints [who feel sick]:

If you have a fever higher than **38 degrees Celsius**, you have to stay home.

Everyone that lives with you also has to stay home.

If you have 1 or more of the following complaints:

- coughing
- sneezing
- snot in your nose
- sore throat

Then only you have to stay home and you should stay away from other people.

Advice for people who are older, not very healthy or have a disease:

- Friends and family are **not allowed to visit you at home** if they have complaints (a cold, coughing, sore throat, fever).

If you want to know if you should call the doctor:

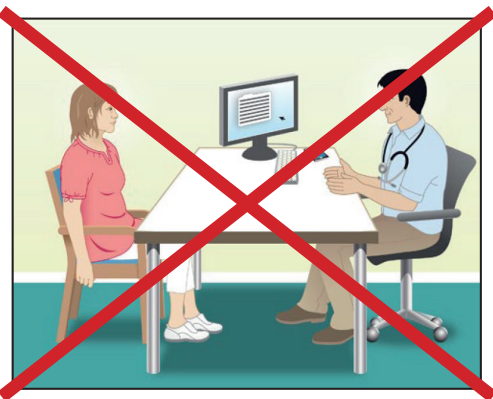
1. Look on the Internet: [Thuisarts.nl](https://thuisarts.nl) (Dutch only)
2. Enter in 'Zoeken': **Corona** and click on 'zoeken'
3. Choose from the list: **'Ik denk dat ik het nieuwe coronavirus heb'**
4. At the top of the page, click on the button  **Voorlezen** so you can hear the instructions. (Dutch only)

If you have questions:

Call **0800-1351**

Or search for **corona** on [Thuisarts.nl](https://thuisarts.nl) (Dutch only)

Do not visit the doctor



This is the official advice of the government and is to be followed in the Netherlands until May 19th