

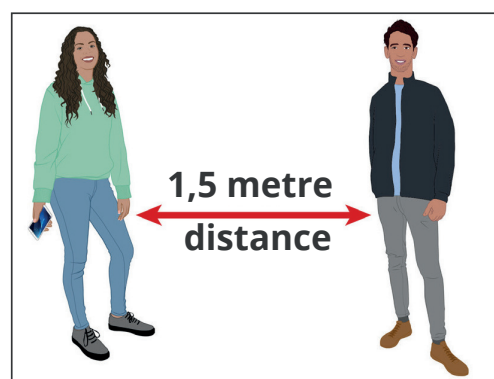
Coronavirus

Read about:

- **The rules**
- **The possible symptoms**
- **What the test is like**

Recommendations for indoors and outdoors

- Stay at least **1.5 metres** from others at all times.
- Children under 13 are still allowed to be near each other and adults.
- Stay at home as much as possible.
- Work from home unless you have no other choice.
- You may have a maximum of 3 visitors at home a day.
- You can also meet up with a maximum of three people outside your home.



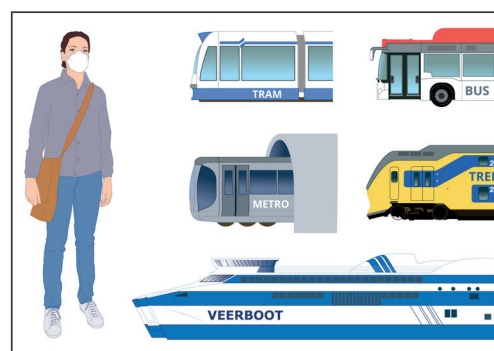
Mask: mandatory for everyone 13 years and older

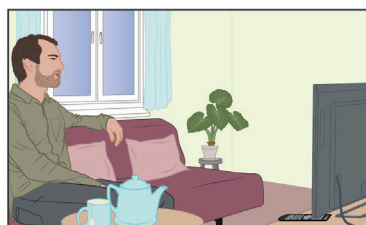
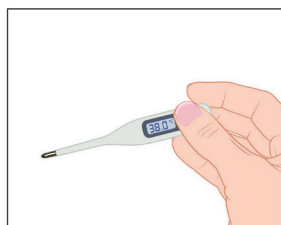
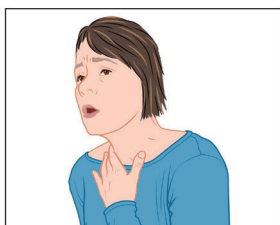
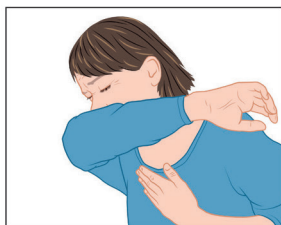
- Wear a mask in public buildings.
For example in shops and at the station.
- Wear a mask at school.
You may only remove the mask during lessons.



Travel:

- Only use public transport if you really need to.
- Wear a mask.
If you don't, you could get a fine of € 95.
- Do not travel to another country unless absolutely necessary.





If you have symptoms: Get tested and stay home

Get yourself tested for coronavirus and stay home if you have one or more of the following symptoms:

- **fever** (> 37.5 °C)
- **shortness of breath**
- **sudden loss of taste or smell**
- **coughing**
- **sneezing**
- **snotty nose**
- **sore throat**

If you have a **fever** or **shortness of breath**, everyone who lives with you must **also** stay home. If you have no symptoms, do **not** get tested, as it is unnecessary.

Testing

The coronavirus test is free.

There are two ways to make an appointment:

1. Online: visit www.coronatest.nl. You will need your DigiD.
2. By phone: call **0800-1202**.

Stay home until you receive the results from the GGD.

You must not receive visitors until you have received the results. The GGD will inform you when you are allowed to go out again.

General Practitioner

If you have symptoms of coronavirus, do **not** go straight to your GP. Call first.

Visit www.Thuisarts.nl for more coronavirus information.



For other coronavirus questions:

Call **0800-1351**