Coronavirus

Stay indoors at night

You **may not go outdoors** between 22:00 and 04:30.
You risk a fine of € 95 if you are outside during the curfew without a valid reason.

You **may go out** if it is necessary for your work.
Don't forget to carry your letter of permission with you.
You will get this from your employer.

You **may also go out** during curfew hours:
- In the event of an emergency, for example, if you need medical help.
- To walk the dog.
- To care for another.
- For a funeral.
- For an exam.

Don't forget to carry a letter with the reason why you are outside.
This form is called a "Eigen verklaring Avondklok".
You can download the form from the website www.rijksoverheid.nl and complete it.
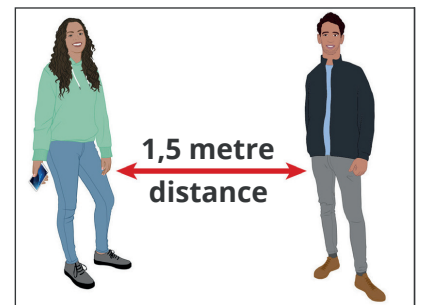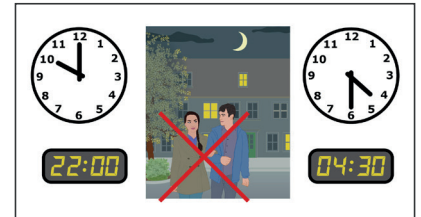
Recommendations for indoors and outdoors

- 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.
- A maximum of 1 person can visit you at home per day.
- Outside, you can meet up with 1 other person.
- Make sure you only visit one place per day.
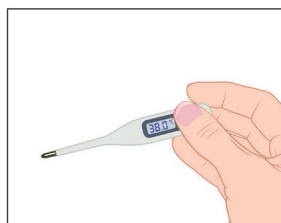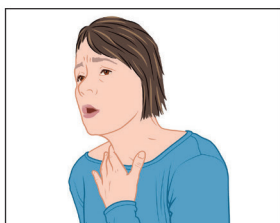
Mask: mandatory for everyone 13 years and older

- 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.
- Wear a mask on public transport.
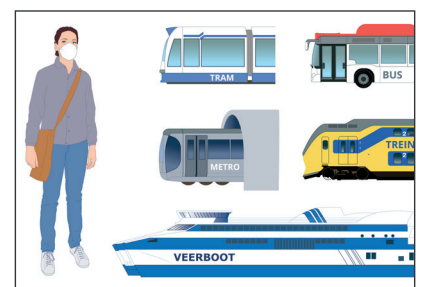
Travel:

- Only use public transport if you really need to.
  Wear a mask.
- 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:

- **> 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.
A fever is when the body temperature is higher than 38 degrees.

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**