

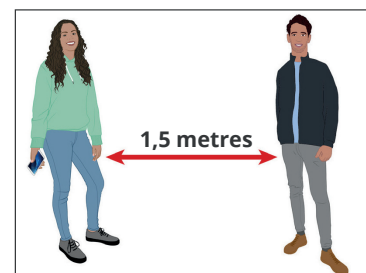
# Coronavirus

## Read about:

• The government rules • Corona symptoms • The test • The vaccine

### 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 2 visitors at home a day.
- Make sure you only visit one place per day.



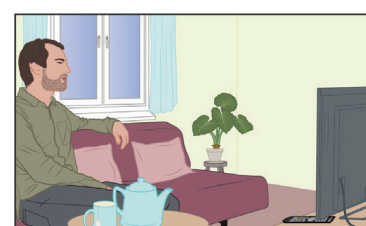
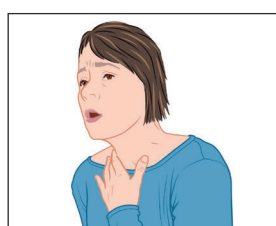
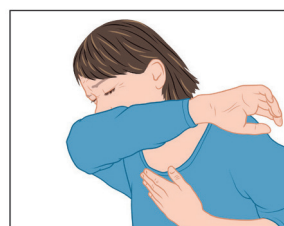
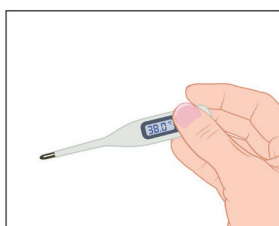
### Mask: mandatory for everyone 13 years and older

- 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](http://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.



## The vaccine

A corona vaccine protects you against coronavirus.

The vaccine is injected into your upper arm.

The vaccine prevents you from getting (seriously) ill.

In the Netherlands, everyone 18 and older will receive an invitation for the vaccination.

It is not possible to vaccinate everyone at the same time.

You will receive an invitation at home when it's your turn.

More information about the vaccine can be found on the Pharos website.



## General Practitioner

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

Visit [www.Thuisarts.nl](http://www.Thuisarts.nl) for more coronavirus information.



# For other coronavirus questions:

Call **0800-1351**