Coronavirus

Read more 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.
- Wash your hands with soap when you get home or when you visit someone.
- Work from home unless you have no other choice.
- Open a window when you are inside, e.g. at home or in an office, as people are less likely to infect each other with a continuous flow of fresh air.
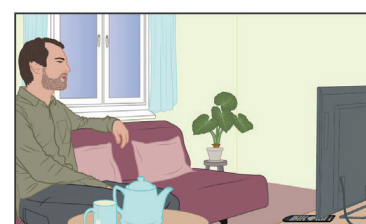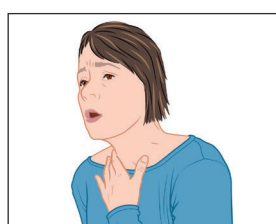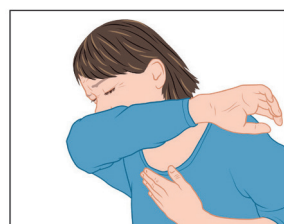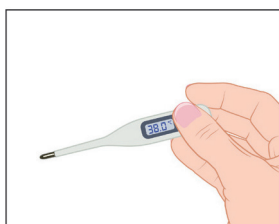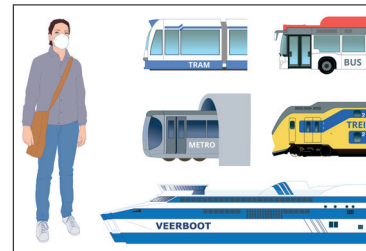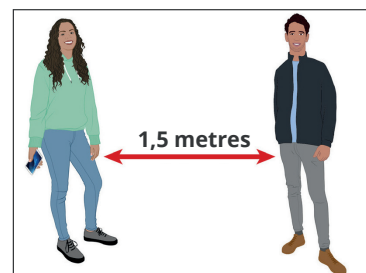
Mask from the age of 13

A mask is mandatory in the following places:
- At school. You may remove the mask during lessons.
- In public transport, at the station and on the plane.

The mask is no longer mandatory in other places.
You must still keep a 1.5-metre distance everywhere.

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.

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 from the age of 12 can make
an appointment.

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.

If you have symptoms that are not related to COVID-19,
make an appointment with your GP.
It is important to get care when you need it.

Visit www.Thuisarts.nl for more coronavirus information.

For other coronavirus questions:

Call **0800-1351**

PHAR S
EXPERTISECENTRUM GEZONDHEIDSVERSCHILLEN