

Coronavirus

Read more about:

- The government rules
- Corona symptoms
- The test
- The vaccine

Advice for indoors and outside:

- Wash your hands with soap when you get home or when you visit someone.
- Work at home if possible. If necessary, you can also work at the office.
- If you are indoors, for example, at home or the office, open a window if you can.
The chance of you infecting each other is then smaller.
- It is no longer mandatory to keep a distance of 1.5 metres, but it is still a good idea.

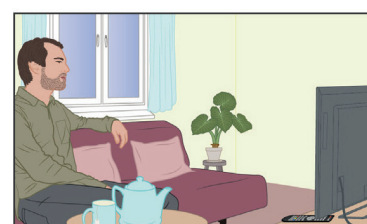
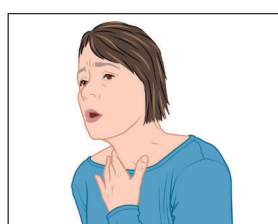
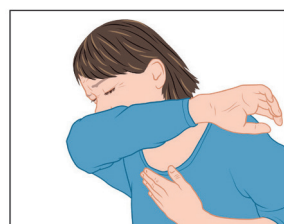
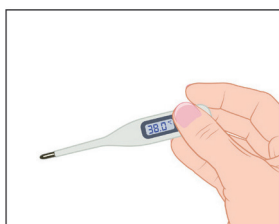
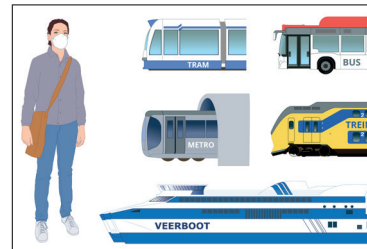


A mask on public transport

A mask is mandatory in the following places:

- in the tram, bus, metro and train
- at the airport and on the plane
- in the taxi

A mask is no longer mandatory in other places.



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**