

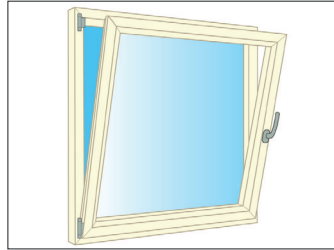
Coronavirus

Read more about: • [The government rules](#) • [Corona symptoms](#) • [The test](#) • [The vaccine](#)

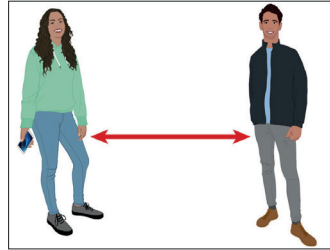
How to avoid spreading the virus



Wash your hands with soap when you get home or when you visit someone.



If you are indoors —at home or in the office— open a window or door.



Stay at least 1.5 metres away from other people. This is mandatory.



Do not shake hands.

Work

Work at home.

If you have to go to work, keep a 1,5-metre distance from others.

Visitors

You may have a maximum of 4 visitors at home a day.

This does not apply to children under the age of 13.

Make sure you only visit one place per day.

If you are going to visit someone or visitors are coming to you, do a self-test.

Stay at home as much as possible.

If you have symptoms: Get tested and stay home

Do this even if you are vaccinated!

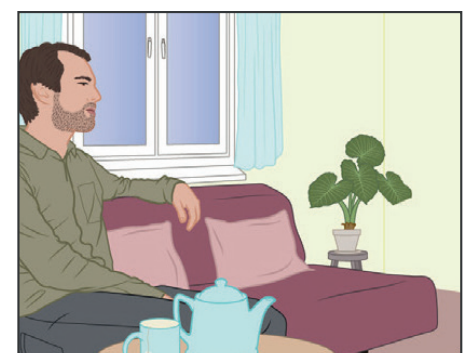
Get yourself tested for coronavirus and stay home if you have one or more of the following symptoms:

- $> 37.5\text{ }^{\circ}\text{C}$
- shortness of breath
- sudden loss of taste or smell
- coughing
- sneezing
- snotty nose
- sore throat

Corona

Do you have corona? Then you and everyone in your house must stay at home. Even if you are vaccinated.

Does someone in your house have corona? Then you must stay at home too.



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.

Mask

A mask is mandatory in most places, for example:

- In buildings, such as shops and libraries;
- When someone needs to get close, such as the hairdresser or the doctor;
- In the taxi, tram, bus, metro and train, and at stations and stops;
- At the airport and on the plane.
- At school: in the corridors, from group 6.

You risk a € 95 fine if you do not wear a mask.



QR code sometimes required

You need a QR code at some places. You will receive the QR code if you:

- are fully vaccinated;
- have had COVID-19 and are better;
- have a negative test result no more than 24 hours old.

Download the Coronacheck app on your phone. This is where your QR code is stored. You can also get a QR code **on paper**. Call 0800 1421.

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**