



Measures to combat coronavirus



Stay home as much as possible.



Keep your distance (1.5 m).



Wash your hands frequently.



Cough and sneeze into your elbow.



Use paper tissues.



Don't shake hands.



If you have cold-like symptoms, stay home until you have recovered.

If you are short of breath and/or have a fever, your whole household must stay home.

Limit contact with others:



Leave your home only to buy groceries, get some fresh air or take care of others.



Work from home if you can.



Gathering in groups of more than two is only allowed if you keep 1.5 metres from each other.

Exemptions apply to people living in one household and children aged 12 or under.

Limitations to public life:



Up to and including 28 April 2020:



Schools and childcare centres are closed.



All eating and drinking establishments are closed. Takeaway and deliveries are permitted.



Sports and fitness centres, saunas, casinos, amusement arcades and sex establishments are closed.



Public places such as museums, concert venues and theatres are closed.



Anyone in a contact-based role who is unable to maintain a distance of 1.5 metres (like hairdressers and masseurs) must stop performing their job.



Gatherings are forbidden.



Shops, markets and public transport companies must take measures to ensure that people maintain distance from each other.



Until 1 June 2020:



All events for which organisers would normally be required to apply for a permit or notify the authorities are banned.



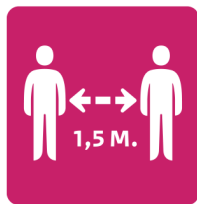
Government of the Netherlands

Stop the spread of coronavirus

We'll only get coronavirus under control
if everyone does the following:



Stay at home as much as possible.



Keep your distance (1.5 metres).



Wash your hands frequently.

Tell your family, friends and neighbours about these measures.

**together, we'll get
corona under control**

More information:

government.nl/coronavirus

0800-1351



Government of the Netherlands

Stop the spread of coronavirus

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if everyone does the following:



Stay at home as much as possible.

Only go outside if you need to. For instance, to do grocery shopping or get some fresh air. And don't go with more than two other people. Work from home if you can.

If you have cold-like symptoms or a fever, stay at home. If someone in your household has cold-like symptoms and a fever, the whole household should stay at home. Don't have any visitors.



Wash your hands frequently.

Wash your hands multiple times a day with soap and water. Especially if you have been outside.



Cough and sneeze into the crook of your elbow.



Keep your distance (1.5 metres).

Coronavirus mainly spreads through coughing and sneezing. You should always stay 1.5 metres (two arms lengths) from others. That includes on the street, at supermarkets and in parks. That way, you'll reduce the risk of getting infected and infecting others.



Use paper tissues and discard them immediately.



Avoid shaking hands.

Tell your family, friends and neighbours about these measures.

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