



Dear passenger,

Welcome to the Netherlands. You have come here from a region to which an orange or red travel advisory applies because of a high number of coronavirus cases. If you intend to spend time in the Netherlands, it is important that you read this letter carefully and follow the advice set out in it.

### **Basic rules for everyone**

We ask you to practise physical distancing and follow the basic hygiene rules which apply to everyone in the Netherlands. Always stay 1.5 metres away from other people and avoid busy places. Wash your hands often, cough and sneeze into your elbow, use paper tissues and discard them after use. You are required by law to wear a face mask on public transport and in public indoor spaces.

### **Self-quarantine**

After arrival, please return home or go to your accommodation directly and self-quarantine there for 10 days. This means you should not leave your home or accommodation unless strictly necessary, even if you have no symptoms. Avoid contact with people who are not part of your household, do not take public transport and do not go to work. You should also limit your contact with anyone else in your household. If you have not developed symptoms after 10 days, you may end your self-quarantine. If you do develop symptoms during this period, please get tested as soon as possible (even if you were tested before). Keep in mind that self-quarantine may have consequences for work, schooling or childcare. Check [www.government.nl/coronavirus](http://www.government.nl/coronavirus) for the latest information. You can find contact details for organisations that can help or support you during your self-quarantine in the *Quarantainegids* brochure (in Dutch only). You can download this brochure from [rijksoverheid.nl/quarantainegids](http://rijksoverheid.nl/quarantainegids).

### **Symptoms of COVID-19**

New coronavirus can cause coronavirus disease (COVID-19). Common symptoms of COVID-19 are coughing, runny or stuffy nose, sneezing, sore throat, sudden loss of sense of smell or taste, shortness of breath and a raised temperature or fever. If you develop any of these symptoms, stay home or in your accommodation and get tested. Call 0800 1202 (or +31 850 659 063 if you are calling from a non-Dutch phone) or go to [www.government.nl/coronavirus-test](http://www.government.nl/coronavirus-test) to make an appointment. Important: if your symptoms worsen (your temperature is higher than 38 degrees or you have difficulty breathing) and you need medical assistance, contact a doctor by phone. In a life-threatening situation, always call 112.

For more information about what the Netherlands is doing to combat coronavirus, and answers to frequently asked questions, see [www.government.nl/coronavirus](http://www.government.nl/coronavirus). If you wish, you can download an app via <https://www.coronamelder.nl/en/> that warns you if you have been near someone who later tested positive for coronavirus.

In the interests of your own health and the health of everyone around you, I am counting on your cooperation. Together, we will get coronavirus under control.

Hugo de Jonge

*Minister of Health, Welfare and Sport*