



Government of the Netherlands

## Dutch measures against coronavirus: basic rules for everyone

Together, we need to keep hold of the control we have gained over the virus since March. This is only possible if everyone follows certain basic rules:

### Hygiene

Wash your hands often.

Wash your hands with soap and water for 20 seconds, then dry them thoroughly.

Wash your hands: before you go out, when you return home, after blowing your nose and of course before meals and after going to the toilet.

Cough and sneeze into your elbow.

Use paper tissues to blow your nose and discard them after use.

Then wash your hands.

Don't shake hands with others.

### The 1.5 metre rule

Stay 1.5 metres (2 arms lengths) away from other people.

This applies to everyone over the age of 18: in the street, in shops and other buildings and at work – even if you are a key worker. It does not apply to family members or other people that you live with. And it does not apply if you are providing assistance to someone, for example pushing a wheelchair.

Keeping a distance of 1.5 metres reduces the chance of people infecting each other.

Leave if you notice it is becoming difficult to keep a distance of 1.5 metres.

### Avoid busy places

The virus can spread easily among people in groups. And carrying out source and contact tracing is more difficult when large numbers of people have gathered together in groups. If people gather in groups and this poses a safety or public health risk, enforcement officers can take action

Work from home if possible.

Where working from home is not possible, employers will stagger working hours.

Avoid peak hours.

## Get tested and stay at home if you have symptoms

It is crucial that everyone with symptoms of COVID-19 gets tested. This allows for people who have had contact with a person with COVID-19 to be informed as soon as possible. Then, they can take steps to ensure they don't contribute to the further spread of the virus. Read [more information about testing](#).

Symptoms that may point to COVID-19 are: a stuffy or runny nose, sneezing, a sore throat, a mild cough, a sudden loss of smell or taste, a fever and shortness of breath.

If you have one or more of these symptoms, get tested. Stay at home until you receive the results. If you have shortness of breath or fever above 38 degrees Celsius, all members of your household must also stay at home until you receive the results. If they have symptoms, they must also get tested.

If you are seriously ill, call your doctor or the out-of-hours GP service ('huisartsenpost') immediately. In a life-threatening situation, always call 112.

If the test shows that you **do not have coronavirus**, you and other members of your household can leave your home again. If you feel well enough, you can go outside and go to work. Children can go back to school or childcare. If your symptoms get worse, change or don't go away, call your doctor. In a life-threatening situation, always call 112.

If the test shows you **do have coronavirus**, you and all members of your household must stay at home. The municipal health service (GGD) will tell you what else you and the people you have been in contact with need to do. An exception can only be made for people who work in critical sectors or crucial processes in consultation with the GGD and their occupational health specialist, and only if they themselves do not have symptoms. For more information about the rules at home and what to do if you have coronavirus, go to the [RIVM website](#).

## Advice for people with health issues (at-risk groups)

Coronavirus does not affect everyone in the same way. Some people have hardly any symptoms, while others become seriously ill. However, it is clear that some groups have a higher risk of becoming very ill or even dying.

People aged 70 and over have a higher risk of becoming seriously ill if they get coronavirus. This applies to healthy older people, but particularly to older people who are not fully independent. People with [underlying health conditions](#) also have a higher risk of becoming seriously ill with coronavirus. If you have health issues, take extra care and follow the basic rules carefully.

Care homes with no coronavirus cases are required to admit at least one visitor per resident. Care homes will assess the situation and decide when residents can receive more visitors. Guidelines have been drawn up for this purpose. These are available on the website of the care providers' organisation ActiZ.

It is especially important to follow the basic rules when visiting people who fall into an at-risk group. This includes staying 1.5 metres apart. Make clear arrangements and check before the visit whether anyone has symptoms. If a visitor or a person they want to visit has cold-like symptoms, a fever or shortness of breath, the visit should be postponed. Visits should take place outdoors, if possible, because this is safer.

## Advice for children and teenagers

Children aged 0 to 4 can go to daycare or their childminder if they have cold-like symptoms (a stuffy or runny nose, sneezing, a sore throat), as long as they do not have a fever. The same applies to the youngest children at primary schools ('groep 1' and 'groep 2'). They can go to school and out-of-school care if they have cold-like symptoms but no fever.

This does not apply if the child has been in contact with someone who has coronavirus or if the child lives with an adult who has COVID-19 symptoms. If this is the case, the child must stay at home and it is important that the child is tested.

Children aged 12 and under do not have to stay 1.5 metres away from other children. All other hygiene rules also apply to children.

Teenagers aged 13 to 18 are allowed to participate in organised outdoor sports activities and exercise supervised by sports clubs, youth groups or professionals. Teenagers do not need to stay 1.5 metres apart while playing sports or exercising. But they must continue to stay 1.5 metres away from each other until 1 July.

Activities for children and teenagers can be held indoors. All the rules for indoor gatherings apply.

From 1 July the following general rules will apply.

From 1 July, teenagers aged between 13 and 17 (inclusive) will no longer have to stay 1.5 metres apart from each other. At secondary schools, this rule applies to all pupils, regardless of their age. At secondary vocational education and higher education institutions, all students must stay 1.5 apart, regardless of their age.

### Read more about the Dutch measures against coronavirus:

[Moving step by step towards more freedom in public life](#)

[Dutch measures against coronavirus: additional measures](#)

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## Ministry responsible

- › [Ministry of Justice and Security](#)
- › [Ministry of Health, Welfare and Sport](#)