

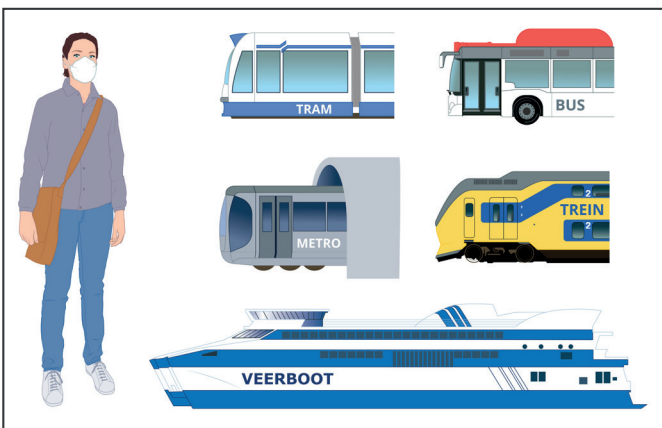
# Coronavirus

What you need to know about the Coronavirus.  
If you have questions, call 0800-1351



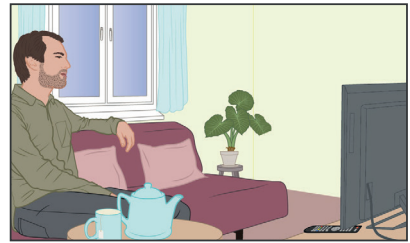
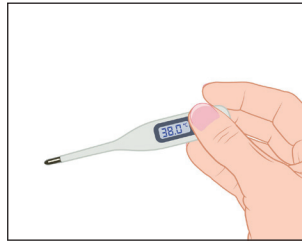
## Advice for at home and outside:

- Do not go to places with a lot of people.
- Stay **1,5 meters** away from other people.
- Children who are 12 years or younger don't have to stay away from other children while practicing sports.



## Public transport

- Only use public transport if it is really necessary.  
Do not use public transport if it is busy.
- Wear a face mask on the bus, tram, metro, train or ferry to the Wadden Islands.  
You have to do this from June 1. If you do not wear a face mask, you can get a fine.



### Advice for people who have health complaints (feel sick):

If you have a fever higher than 38 degrees Celsius, or trouble breathing, you have to stay home. Everyone who lives with you has to stay home as well.

If you have 1 or more of the following complaints:

- coughing
- sneezing
- snot in your nose
- sore throat

Then only you have to stay at home. Stay away from other people.

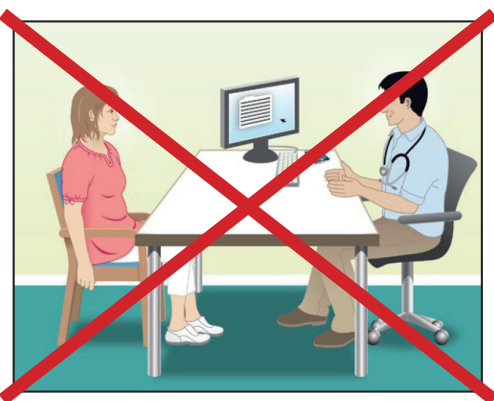
### Advice for people who are older, not very healthy or have a disease:

- Stay at home as much as possible. If you do have to go out, be careful.

### If you want to know if you should call the doctor:

1. Look on the internet: [Thuisarts.nl](https://thuisarts.nl) (Dutch only)
2. Enter in bij Zoeken: Corona and click on 'zoeken'
3. Chose from the list: Ik heb (mogelijk) het nieuwe coronavirus'.
4. At the top of the page, click on the button  Voorlezen so you can hear the instructions (Dutch only).

### Do not visit the doctor but call first.



## If you have questions:

Call **0800-1351**