You have or may have coronavirus. Or you have returned from a very high-risk area and have not been fully vaccinated. You are about to self-quarantine or isolate to prevent the spread of coronavirus. This means you have to stay indoors and can’t have any visitors. Staying inside can be difficult. But you can get help and support during this period if you need it. This guide gives you practical advice and tells you where you can get help. You can find more information at www.government.nl/self-quarantine or check whether you need to quarantine at quarantainecheck.rijksoverheid.nl/en.
When to self-quarantine

You must self-quarantine if you:
• have any coronavirus symptoms (even if you are fully vaccinated or have recovered from COVID-19);
• have been in close contact with someone who has coronavirus (for example a member of your household) and you are not fully vaccinated and you have not had COVID-19 in the last 6 months;
• have received a notification from the CoronaMelder app or from the municipal health service (GGD) and you are not fully vaccinated and you have not had COVID-19 in the last 6 months;
• recently arrived in the Netherlands from a very high-risk area and you are not fully vaccinated (see: reizentijdenscorona.nl).

You must isolate if you have tested positive for coronavirus. See the next page for the additional rules that apply.

Testing for coronavirus

It is important that you get tested if you:
• have coronavirus symptoms. Get tested as soon as possible.
• do not have any symptoms but have been in close contact with someone who has coronavirus and you are not fully vaccinated and you have not had COVID-19 in the last 6 months. Get tested again on or after the 5th day after the contact.
• do not have any symptoms but have been in close contact with a member of your household who has coronavirus. Get tested as soon as possible. If the results of your test are negative, stay at home and get tested again on or after the 5th day after the contact.

You are advised to get tested after travelling abroad or if you are visiting the Netherlands. Even if you are fully vaccinated. The type of test depends on the country you travelled from and your mode of transport. If you have COVID-19 symptoms, like a cough or a cold, you must always self-quarantine and get tested by the GGD. Read more about testing for coronavirus on arrival in the Netherlands (in Dutch).

Make an appointment via www.government.nl/coronavirus-test or call 0800 1202. If you have been in close contact with someone who has coronavirus, the GGD will contact you and give you instructions.

If you got tested on or after the 5th day and the results of this test are negative, you can stop self-quarantining.
Self-isolating if you have tested positive for coronavirus

If you have tested positive for coronavirus, you go into isolation to avoid infecting the people you live with.

**Avoid infecting the people you live with**
- Stay in your own room as much as possible. Sleep there on your own.
- The other people in your house should avoid coming into your room as much as possible.
- Make sure you have as little contact as possible with members of your household and keep 1.5 metres apart. This means no hugging, kissing or sex.
- Use your own separate plates, cutlery, cups and glasses.
- Use your own toothbrush.
- Use your own separate towels.
- If you have more than one bathroom and toilet in your house, use a different bathroom and toilet to the other members of your household. If you have one bathroom and toilet that you share, clean them every day. If possible, air these rooms by opening the window for 15 minutes 3 times a day.

**Practise good personal hygiene**
- Wash your hands regularly with soap and water, and always:
  - after coughing and sneezing
  - after going to the toilet
  - after tidying up and cleaning
  - before preparing and eating food.
- Use a paper tissue when coughing. If you do not have a paper tissue at hand, cough into your elbow.
- Use a tissue once only and then dispose of it immediately. Then wash your hands.

**Ensure good hygiene at home**
- If you can, clean your own room, bathroom and toilet yourself. The other members of your household should clean the other rooms.
- The things you touch regularly should be cleaned every day, like the toilet flusher, door handles and light switches.
- Use normal cleaning detergent.
- Put the cloth in the wash immediately after.
- Then wash your hands with soap and water.
Be careful with dirty things like the washing-up, laundry and waste
- Ensure that other people do not come into contact with your bodily fluids, such as spit, snot, sweat, faeces and urine.
- Put your dirty laundry in a separate laundry basket and wash it at 40 degrees or higher, on a full cycle using normal laundry detergent.
- Put your dirty plates, cutlery, cups and glasses in the dishwasher on a full cycle. Or wash them by hand separately from the other washing-up. Use normal washing-up liquid and hot water.
- Put your rubbish in a separate bin bag in your own room. It can be disposed of with the other household waste.

Protect your pet from coronavirus

Self-quarantining or isolating
Let those around you know you are self-quarantining or isolating. You can do this by email or via social media, for instance. Don’t hesitate to ask for help, for example from acquaintances or relatives living nearby. Below is a list of organisations you can turn to for help.

Leaving the house
It is important that you stay inside because you have or may have coronavirus. If you stay at home the virus can’t spread any further. You can only go outside in your garden or on your balcony, if you have one.
**Food, medication and other necessities**

Arrange for a basic supply of food and anything else you (and any pets) need during the quarantine or isolation period. Most supermarkets have an online delivery service. Ask your pharmacy to deliver any medication you need. If you can’t have items delivered, for instance because you can’t afford the delivery charge, and you don’t have anyone you can ask to do your shopping or collect medication for you, you can contact:

- Your municipality: just dial 14 + the area code of the municipality (for example, 14 010 for Rotterdam) or check the municipality’s website.
- The Red Cross: +31 (0)70 445 5888 (standard call charges), available weekdays from 09.00 to 17.00. People who are deaf or hard of hearing can contact the Red Cross on WhatsApp via +31 (0)6 5781 3499.
- The Red Cross also has WhatsApp helplines in Turkish (+31 (0)6 4815 8053), Arabic (+31 (0)6 4815 8055), Tamazight (+31 (0)6 4815 8055), Mandarin and Cantonese (+31 (0)6 4815 8057) and Portuguese (+31 (0)6 4815 8083). Messages are answered on weekdays between 09.00 and 17.00.

Some local voluntary initiatives provide cooked meals. The organisation Stichting Thuisgekookt can match you with a neighbour who will cook for you during your quarantine and drop the meals off at your front door. You only need to pay for the ingredients. Call +31 (0)6 8344 7197 to request this service. Please note: it usually takes Stichting Thuisgekookt up to 48 hours to find a match, so for the first two days you will need to find another solution.

**Dropping off and picking up children at school**

If you have to self-quarantine, in many cases your children will have to self-quarantine as well. But there are exceptions. For more information see [www.government.nl/family-quarantine](http://www.government.nl/family-quarantine).

If your child goes to childcare or school but you can’t arrange drop-off and pick-up with other parents or with the childcare centre or school, contact your municipality.

**Walking the dog**

You can only go outside in your garden or on your balcony, if you have one. Ask a friend or neighbour to walk your dog, or use a dog walking service. If this isn’t possible, call the Red Cross to discuss the available options.
Work and income

Tell your employer or clients that you’ll be self-quarantining or isolating. If you work for a company or organisation, also tell the company doctor. Make clear agreements about your work during this period.

If you can’t work from home, it’s likely that under the terms of your employment contract, you’re entitled to receive your salary while you’re self-quarantining. But this doesn’t apply to everyone, so you will need to check. For more information (in Dutch) see www.rijksoverheid.nl/werknemers-in-thuisquarantaine.

If you are self-employed and can’t work from home, try to postpone work until after your quarantine or isolation period is over. Perhaps you can arrange to do the work at a different time. If that’s not possible, try to find someone to replace you. If you’ve suffered a financial loss because of having to quarantine, you might qualify for assistance under the temporary self-employment income support and loan scheme (TOZO). To apply for such assistance, contact your municipality. The scheme bridges the gap between what you are earning and the level of benefit you would receive under the Work and Social Assistance Act. The municipality assesses your application to see if you meet the criteria. For more information see www.government.nl/topics/coronavirus-covid-19/information-for-business-owners.

To find out about other support schemes, contact the KVK Coronaloket (Chamber of Commerce coronavirus desk): www.kvk.nl/corona. Have your Chamber of Commerce (KVK) number ready.

If you’re in serious financial difficulty because you have to self-quarantine, contact your municipality. Below is a list of organisations you can turn to for help.

**Municipality**
To apply for the TOZO scheme and get help in specific situations.
Dial **14 + the area code of the municipality** (for example, 14 010 for Rotterdam)

**KVK Coronaloket**
Information for business owners. Weekdays from 08.30-17.00 on **0800-2117**

**Support** for concerns about coronavirus. A portal to provide support for those who need it. www.steunpuntcorona zorgen.nl (in Dutch)
Care and help at home

If you normally receive care or help at home – like from a district nurse or a home help – tell your contact person that you’ll be self-quarantining or isolating. Talk to them about how you can go on getting care and assistance.

Carers have been given guidelines by the National Institute for Public Health and the Environment (RIVM) on how to work safely during the current crisis, so that they can continue to provide as much care and support as possible. Always keep to the guidelines, and if in doubt, contact the care agency and/or your municipality.

If you need any care services (in general, not just during quarantine), contact your municipality, doctor and/or health insurer to discuss the possibilities.

Sport and exercise

While you are self-quarantining you can’t go to the gym, the swimming pool or a sports club. It’s important to exercise though, even if you have to do so at home. Exercising is good for your physical and mental health. Maybe your sports club can help by providing you with online classes or a set of exercises to do at home, for instance. Below is a list of Dutch websites and programmes that help people to keep fit at home. There are many more initiatives, both local and national.

‘Alles over Sport’ YouTube channel
Instructional videos for exercising at home.
Go to www.youtube.com and search for ‘Alles over Sport’.

Golden Sports
A series of exercise videos for older people.
www.goldensports.nl/online-trainingen

TOPFIT
Exercises for people with disabilities.
www.ikwordtopfit.nl/trainingen.html

Nederland in Beweging!
Workout programme on television for anyone wanting to keep fit at home.
Targeted at people over 50. Weekdays at 09.15 on NPO 2 and at 10.15 on NPO 1.
Daily routine and entertainment

While you are self-quarantining you can’t go to school or work. And you can’t receive visitors or meet up with people. But try to stick to your daily routine as much as possible, so that at the end of the day you still feel you’ve done something. A wide range of culture and entertainment is available online. Some suggestions are given below, but this is just a small selection. There is a lot more local, national and international content online.

‘De online Bibliotheek’ offers free audiobooks and e-books for members.
www.onlinebibliotheek.nl

The Rijksmuseum offers a free online tour.
www.rijksmuseum.nl/nl/online-rijksmuseum-voor-families

Oud Geleerd Jong Gedaan offers free online lectures (in Dutch) on various topics.
www.oudgeleerdjonggedaan.nl/onlinecolleges

Cultural knowledge institute LKCA provides an overview of cultural activities, including chamber choirs, online museums, concerts, creative workshops for families and theatre productions.
www.lkca.nl/artikel/corona-initiatieven

Internet and computer skills

To get access to help and entertainment you often need to go online, using a smartphone, tablet, laptop or desktop computer. If you don’t have access to the internet, you could buy an internet card from a telecom company. If you can’t afford that, contact your municipality. If you need help using a computer or smartphone, contact one of the organisations listed below.

Regelhulp (for computer and internet support)

Helpdesk Welkom Online
Helpdesk for older people which can be reached on weekdays from 09.00 to 17.00 on 088 344 2000. See also www.welkomonline.nl

#allemaalDigitaal
www.allemaal-digitaal.nl/#vraag
If you need help with video calling or social media, or some other computer-related issue, you can contact SeniorWeb, which offers three months’ free membership. A team of volunteers can help you either online or by phone. Join up by using the link www.seniorweb.nl/drie-maanden or call 030 276 9965. After three months your membership stops automatically.

If you can’t self-quarantine or isolate at home
If you can’t self-quarantine or isolate at home, for example because you share a household with someone who has underlying health conditions, or because your own safety would be at risk, contact your municipality.

Don’t be afraid to ask for help.

Contact
Stay in touch with friends, relatives and colleagues via social media and by email, WhatsApp or phone. Talk about your emotions; don’t bottle them up. If you don’t know who to turn to, or you want specific help, you can contact the following helplines.

The Listening Line
(Luisterlijn) (calls can be made in Dutch and English)
0900 0767
Anyone who needs a listening ear.
24 hours a day, 7 days a week
Standard call charges

Red Cross Helpline (calls can be made in Dutch and English)
070 445 5888
Anyone with questions about practical issues (like help with shopping) or who needs advice or just someone to talk to.
Weekdays from 09.00-17.00
Standard call charges
People who are deaf/hard of hearing: WhatsApp via 06 5781 3499

ANBO helpline (calls can be made in Dutch and English)
034 846 6666
Older people
Weekdays from 09.00-17.00
Standard call charges

Victim Support Netherlands (calls can be made in Dutch and English)
0900 0101
Victims of crime, road accidents and disasters.
Weekdays from 08.00-20.00 and Saturday from 10.00-17.00
Standard call charges
From abroad:
+31 887 460 000
Child Helpline  
(Kindertelefoon) (calls can be made in Dutch and English)  
0800 0432  
Children  
7 days a week from 11.00-21.00  
Free

De Mantelzorglijn (calls can be made in Dutch and English)  
030 760 6055  
Informal caregivers  
Weekdays from 09.00-17.00  
Standard call charges  
People who are deaf/hard of hearing: WhatsApp via  
030 760 6055

MIND Korrelatie (calls can be made in Dutch and English)  
0900 1450  
Anyone who needs help with mental health and psychosocial problems.  
Weekdays from 09.00-18.00  
Standard call charges

Niet Alleen helpline  
(calls can be made in Dutch)  
0800 1322  
Anyone needing assistance or advice.  
Monday to Thursday from 09.00-17.00 and Friday from 09.00-16.00  
Free

Alzheimer Telefoon (calls can be made in Dutch and English)  
0800 5088  
Anyone wanting advice on dementia-related issues, or just a listening ear.  
7 days a week from 09.00-23.00  
Free

Ouderen-Infolijn KBO PCOB & NOOM (calls can be made in Dutch, English, Arabic, Tamazight, Chinese, Indonesian, Moluccan Malay, Italian, Papiamento, Portuguese, Spanish, Sranan Tongo and Turkish)  
030 340 0600  
Older people.  
Weekdays from 09.00-17.00  
Standard call charges

ARQ Contactpunt Gezin  
(interpreting can be provided by telephone)  
088 330 5599  
Families. This helpline was set up by a trauma expertise centre specialised in working with children and families, to provide them with extra help during the coronavirus crisis.  
Weekdays from 10.00-12.00 and from 14.00-16.00  
Standard call charges

Veilig Thuis (calls can be made in Dutch and English)  
0800 2000  
Anyone dealing with domestic violence and/or child abuse.  
24 hours a day, 7 days a week  
Free

113 suicide prevention line  
(calls can be made in Dutch and English)  
0800 0113  
Anyone with suicidal thoughts, or who knows someone with suicidal thoughts.  
24 hours a day, 7 days a week  
Free

Your municipality  
Dial 14 + area code of the municipality or check the municipality’s website.

C-support aftercare  
See www.c-support.nu  
Anyone suffering with the long-term effects of a coronavirus infection.  
Free

Questions about coronavirus? Call  
0800 1351
More information
www.quarantainecheck.rijksoverheid.nl/en
www.government.nl/self-quarantine
www.rivm.nl/en
www.lci.rivm.nl/covid-19-patient-EN
www.who.int

The government has made every attempt to ensure that the above information is accurate. No rights may be derived from any errors or omissions. For the most up-to-date information, go to www.government.nl/coronavirus