Dear traveller,

Welcome to the Netherlands. This letter is to inform you about the rules that apply in the Netherlands in connection with coronavirus. If you intend to spend time in the Netherlands, please read this letter carefully and follow the measures in place.

1. Basic rules for everyone
It is important that you follow the rules that apply to everyone in the Netherlands:
- Always stay 1.5 metres away from other people and avoid busy places.
- Wash your hands often, sneeze into your elbow, use paper tissues and discard them after use.
- If you develop symptoms of COVID-19, stay at home or in your accommodation and get tested as soon as possible.
- Facemasks are mandatory at airports and train stations and on aircraft, public transport and other passenger transport. This applies to everyone aged 13 and over.
- If you are travelling to the Netherlands from a very high-risk area, you are required to self-quarantine for 10 days. You can shorten your quarantine by getting tested on day 5 after arrival. If the test result is negative, you can end your self-quarantine.
- All travellers are strongly advised to take a coronavirus test after arriving in the Netherlands.
- If you do a self-test and the result is positive, you should confirm the result by getting tested by the municipal health service (GGD). You should also get tested by the GGD if you have symptoms.
- If you are travelling to the Netherlands from an area designated as ‘safe’, you should still do a self-test after arriving and before meeting other people or going to work or school.
- If you are travelling from an area that has not been designated as ‘safe’, you are urgently advised to:
  o get tested on day 2 and 5 after your arrival (either by the GGD or by doing a self-test) if you do not have proof of vaccination or recovery; or
  o do a self-test after arriving and before meeting other people or going to work or school, if you have proof of vaccination or recovery.

You can read all the rules at government.nl/corona. Please check this website regularly during your stay. If you received this letter before starting your trip to the Netherlands, check the requirements you need to comply with at www.government.nl/topics/coronavirus-covid-19/visiting-the-netherlands-from-abroad/checklist-entry. The CoronaMelder app, which will warn you if you have been near someone who later tests positive for coronavirus, can be downloaded via www.coronamelder.nl. Use of the app is voluntary.

To find out what documents you need to show, whether the mandatory quarantine requirement applies to you and what other precautions you should take, consult the Quarantine Check for Travellers on reizentijdenscorona.nl/en.

2. Self-quarantining
You are required to quarantine on arrival in the Netherlands after staying in an area where the risk of coronavirus infection is very high or a very high-risk area where a virus variant of concern is present.

Are you travelling to the Netherlands from within the EU or the Schengen area or from one of the islands in the Caribbean part of the Kingdom?

- You are only required to self-quarantine if you have been in a country or area where a virus variant of concern is present. If this is not the case, you do not have to self-quarantine. If you only showed a
negative test result (rather than proof of vaccination or recovery), you are urgently advised to get tested on day 2 and 5 after your arrival (either by the GGD or by doing a self-test).

Are you travelling to the Netherlands from a country that is not in the EU or the Schengen area and is not part of the Kingdom?

- The mandatory quarantine requirement applies to you if you are travelling from a very high-risk area (with or without a variant of concern), even if you have been vaccinated or have proof of recovery.

After arrival, return home or go to your accommodation directly and self-quarantine there for 10 days. If you wish, you can get tested by the GGD on day 5. If the result of this test is negative, you can end your self-quarantine. **Showing a negative test result before travelling and/or on arrival is not a substitute for self-quarantining.**

During this period you must stay inside even if you do not have any symptoms of COVID-19. Do not have any in-person 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 those in your household.

If you have not developed symptoms after 10 days or after testing negative on day 5, you may end your self-quarantine. If you do develop symptoms during this period, get tested as soon as possible. To make an appointment phone the GGD on 0800 1202 (or +31 850 659 063 if you’re calling from a non-Dutch phone). If you want to shorten your self-quarantine by getting tested on day 5 after your arrival, phone the same number to make an appointment. If the result of your day 5 test is negative, you may end your self-quarantine. But you should be extra alert to any symptoms that could point to COVID-19.

If you develop symptoms after your self-quarantine period, stay at home or in your accommodation and get tested again. For the latest information consult the Quarantine Check for Travellers on reizentijdenscorona.nl/en or www.government.nl/quarantaine.

3. Symptoms of COVID-19
Coronavirus can cause coronavirus disease, or COVID-19. Common symptoms of COVID-19 are coughing, runny or stuffy nose, headache, 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 at home or in your accommodation and get tested. Call 0800 1202 (or +31 850 659 063 if you’re calling from a non-Dutch phone) or go to coronatest.nl/en 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 telephone. In a life-threatening situation, always call 112.

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

Hugo de Jonge
Minister of Health, Welfare and Sport