



Dear passenger,

Welcome to the Netherlands. You have come here from a high-risk area. If you intend to spend time in the Netherlands, read this letter carefully and comply with the Dutch measures set out in it.

### Rules for everyone

It is important that you follow the 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 buildings and covered spaces that are accessible to the public.

You can read all the rules at [government.nl/corona](https://government.nl/corona). Please check this website often during your stay. If you received this letter before starting your trip to the Netherlands, see the requirements you need to comply with at [Checklist for travel to the Netherlands | Coronavirus COVID-19 | Government.nl](https://government.nl/corona). At [coronamelder.nl/en/](https://coronamelder.nl/en/) you can download an app that warns you if you have been near someone who has tested positive for coronavirus. Use of the app is voluntary.

### Self-quarantine

After arrival, please return home or go to your accommodation directly and self-quarantine there for 10 days. A negative test result is no substitute for self-quarantine. You must stay there 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.

To shorten the self-quarantine period, you can have yourself tested at the municipal health service (GGD) five days after your arrival in the Netherlands. If the test result is negative, your self-quarantine can end. You should however be especially alert to possible symptoms of COVID-19. If you develop symptoms later, go back into self-quarantine and have yourself tested again. Consult the [Self-quarantining page at government.nl](https://government.nl/corona) for the latest information. You can find contact details for organisations that can help or support you during your self-quarantine in a brochure entitled '[Help and support when self-quarantining](#)'. You can also complete the Quarantine Check for Travellers (in Dutch only) at [reizentijdenscorona.nl](https://reizentijdenscorona.nl), which gives useful tips for your trip and self-quarantine.

### Symptoms of COVID-19

New coronavirus can cause coronavirus disease (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 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 [government.nl/coronavirus-test](https://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.

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*