

THE NEW CORONAVIRUS (COVID-19) IN THE NETHERLANDS

Timing

What to do?



No symptoms?



Avoid large groups
(more than
100 people)



Work at home if
you can



Mild symptoms of a cold?

Do you have (mild) symptoms of a cold: sneezing, sore throat, running nose, mild cough or a light fever until 38 degrees, the following extra rule applies:



Stay at home.



Limit your (social)
contacts

Don't forget:



Wash your hands
regularly



Cough and sneeze on
the inside of your
elbow



Don't shake hands



Use paper towels

For more information:
www.rijksoverheid.nl/coronavirus
or call 0800-1351