



Dear passenger,

You have come to the Netherlands from a region where there is a high rate of coronavirus infection. If you intend to stay in the Netherlands, it is important that you read this letter carefully.

The Dutch government urges you to take the following measures to prevent spreading coronavirus when you arrive home or reach your destination.

Self-quarantine at home

Immediately after reaching your destination in the Netherlands, you have to self-quarantine. This means you cannot leave your home or the place where you are staying for 14 days. You should limit your contacts with any family members staying at the same location, and avoid all physical contact with other people. You must not end self-quarantine until 14 days have passed and you have had no symptoms for 24 hours.

Basic rules for everyone

We also ask you to practise good hygiene and social distancing, like everyone else in the Netherlands. Wash your hands often, sneeze into your elbow, use paper tissues and discard them after use. Always stay 1.5 metres away from other people and avoid busy places. Face masks must be worn on public transport.

Symptoms of coronavirus disease (COVID-19)

New coronavirus can cause coronavirus disease (COVID-19). Common symptoms of COVID-19 are coughing, runny or stuffy nose, sneezing, sore throat, shortness of breath and fever. If you develop any of these symptoms while in the Netherlands, stay home or in your accommodation and get tested. Call 0800 1202 to make an appointment. Important: if your symptoms worsen (your temperature is higher than 38 degrees and you have difficulty breathing) and you need medical assistance, contact a doctor by telephone. Do not go to the surgery or out-of-hours GP service.

For more information about what the Netherlands is doing to combat coronavirus, and answers to frequently asked questions, see <https://www.government.nl/topics/coronavirus-covid-19>.

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

Yours sincerely,

Hugo de Jonge
Minister of Health, Welfare and Sport