

The government has set rules to stop the spread of coronavirus.

Follow these rules. This way, you will avoid becoming ill or making others ill. The police are checking whether people abide by the rules.

Stay at home as much as possible.

If you come into contact with people outside your family (family meaning mum, dad and children), keep a distance of 1.5 metres at all times.

Wash your hands often.

You are only allowed outside if it is necessary. You are allowed to go to

- your work
- the doctor
- the pharmacy
- the shop
- someone who needs your help, e.g. someone needing to go to the hospital.
- all organisations and services that are open, such as hairdressers and libraries

Walk or go by bicycle, moped, car, ... as much as possible.

If you are using public transport (bus, tram or train) and you are older than 12 years of age, you must wear a face mask or use a scarf to cover your mouth and nose.

Work from home if possible.

If you have to go into work, your employer must ensure that you are able to maintain a distance of 1.5 metres from others. If this is not possible, the employer must provide you with a face mask.

If you have any questions, your employer will give you information.

Do you have a non-urgent medical problem?

You are now allowed to go to the doctor or the hospital again.

Doctors and hospitals will make sure safety measures are in place.

Therefore, do not postpone seeing a doctor.

All shops are open.

Night shops are open until 10:00 p.m.

Markets are open

You can go to the hairdresser or beautician.

- You must make an appointment
- You must wear a face mask

Pubs and restaurants stay closed.

You are not allowed outside in groups.

You are only allowed outside with

- the people living with you in the same household
- an extra 2 other people. Always keep a distance of 1.5 metres.

Do not let your child play outside with other children, except siblings.

You are allowed to receive visits from up to four people.

- These must always be the same people.
- These can be single people or people who live together (e.g. a family).
- Together you form a new group.

Your group is not allowed to visit other people or receive visits from other people. You are allowed to meet up separately. You must clearly agree that you are only meeting with each other.

If you go and see 4 people by yourself, then this has consequences for everyone you live with. Your group or family is no longer allowed to visit other people or to receive visits from other people.

If you are single

- You are allowed to visit 4 people who also live by themselves.
- Or you may visit one group of 4 people who live together.
- You may not visit any other people or receive visits from any other people.

When you have visitors

- Keep a distance of 1.5 metres.
- Sit in a garden or on a terrace, if you have one.
- If you are ill, do not receive any visitors.
- If you are a vulnerable person (65+, an illness, etc.), remain extra careful.

Exercise is good for you.

You are allowed to exercise

- outside
- at a distance of 1.5 metres from other people
- alone, together with your family or with a maximum of 2 friends

Are you training with a coach or coaching assistant of a sports club? A maximum of 20 people are allowed to train together. Always keep a distance of 1.5 metres from each other. The cafeteria and changing rooms remain closed.

Libraries are open, but you can only reserve and collect books.

You are not allowed to travel.

Nurseries are open. Your nursery will contact you with more information.

Schools provide care for the children of people who have to go into work and are not working from home.

Schools give you information about lessons and exercises for your child.

Some children in primary and secondary education are allowed to go back to school. Nursery schools remain closed. Your school will contact you with more information.

If you have any problems or you feel lonely, phone/Skype/Whatsapp/ ... friends or relatives.

These rules are important for everyone's health and must be followed.

Thank you for doing so. Together we will stop the spread of coronavirus.