

## Dutch measures against coronavirus



The Netherlands' approach is aimed at keeping the virus under control as much as possible in order to protect vulnerable groups and make sure the healthcare system can cope. Thanks to people complying with the measures, the situation has improved since March. The figures show a positive trend. This means we are past the first phase of the outbreak. Now we can move step by step towards enjoying more freedom in the '1.5-metre society'.

### Basic rules for everyone

To further relax the restrictions, we need to strengthen the control we have gained over the virus since March. In this new phase everyone must follow certain basic rules: avoid busy places, work from home if possible, keep a distance of 1.5 metres from other people, stay at home if you have cold-like symptoms, and stay at home if a member of your household has a fever and/or shortness of breath. And of course: wash your hands often, cough and sneeze into your elbow and use paper tissues and dispose of them immediately after use.

### Information in several languages

Below you will find an overview of information about the coronavirus in languages other than Dutch. General information in English is available on the website of the [National Government](#).

Explanations in Arabic, Berbers, English, Polish, Spanish, Tigrinya, Turkish and are available on the website of [the National Government](#).

Explanations in Turkish, Tigrinya, English, Arabic, Polish, Farsi, Chinese and Somali can be found on [the Pharos website](#).

In addition, information about corona can be found on the following Facebook pages [Syrians Healthy](#) and [Eritreans Healthy](#). There is also a page for Farsi-speaking people, namely: [Farsi Healthy](#). The Red Cross Helpline is also available now to people who do not speak Dutch. Are they in need of someone who listens to them, some advice or extra help, because they are in quarantine or isolated at home because of the coronavirus? Then they can use [a special WhatsApp number](#). The WhatsApp Helpline for foreigners is currently available in the following languages: Moroccan Arabic, Tamazight (Berbers) and Turkish.

### Information for employees

Frequently asked questions and answers for foreign employees who work in the Netherlands are available on [the website of the National Government](#) in Arabic, German, English, Papiamentu, Papiamentu, Polish, Romanian, Spanish and Turkish.

### Public transport and face masks

In some situations it is impossible to stay 1.5 metres apart. It will therefore be compulsory to wear non-medical face masks on public transport from 1 June. To avoid scarcity, you should not wear face masks intended for health professionals. People in contact-based roles can eliminate many risks by discussing health issues with clients beforehand. As a result, wearing a face mask will not be necessary during appointments, though everyone is of course free to do so.