



# Lockdown extended

The number of new positive cases is falling, but new variants of coronavirus are gaining ground. This is cause for concern because these new variants are more infectious and can cause a new wave of infections. That is why the lockdown has been extended.

## COVID-19 symptoms?



Self-quarantine



Do not receive visitors



Get tested



Work from home, unless this is not possible.



Keep 1.5 metres away from others.



If a place is busy, leave.



Wash your hands often.



Cough and sneeze into your elbow.



Wear a face mask where this is mandatory.

## Curfew



Do not go outdoors **between 21.00 and 4.30**. For more information see [government.nl/curfew](https://government.nl/curfew).

## Meeting people



Receive **no more than 1 visitor** to your home per day (excluding children under 13).



Visit **no more than 1 other household** per day.



**Outdoors:** no more than 2 people or 1 household in a group.

## Venues normally open to the public



Museums, cinemas, libraries and other venues remain **closed**.

## Food and drink / events



All establishments serving food and drink remain **closed**, takeaway meals may be ordered from restaurants, and **events are banned**.

## Groceries and shopping



**Non-essential shops are closed.** Click and collect allowed as of 10 Febr.



Establishments including supermarkets, chemists, greengrocers and petrol stations may remain **open**.



**Ban on alcohol** after 20.00.

## Contact-based industries



People working in non-medical contact-based industries, including hairdressers, tattooists, beauticians and masseurs **cannot perform their work**.

## Sports



**No more than 2 people**, staying 1.5 metres apart at all times. *This does not apply to children under 18 and elite athletes.*



**All indoor sports venues** are closed.



**No competitions or group lessons.** *This does not apply to elite athletes.*

## Travel and transportation



**Stay home as much as possible.**



Public transport for **essential travel only**.



**Do not travel abroad** or book trips abroad in the period up to and including 31 March.

## Education and childcare



Primary schools and daycare will **reopen** on 8 February.



Out-of-school care remains **closed**. *Emergency childcare available for children of key workers and for vulnerable children.*



**Remote teaching** in secondary, secondary vocational and higher education and for all other forms of training and educational activities. *Exemptions include exams, practical lessons and education for vulnerable pupils.*

alleen samen krijgen we  
corona onder controle

More information and exceptions:  
[government.nl/coronavirus](https://government.nl/coronavirus)  
or call 0800 1351