



No scope for easing lockdown

The third wave is becoming apparent, so we will remain in **lockdown until at least 20 April**. If we follow the basic rules, fewer people will become infected with coronavirus. This will help open up society more quickly.

Basic rules

Wash



Wash your hands often.
Cough and sneeze into your elbow.

Distance



Stay 1.5 metres away from others.
Avoid busy places.

Testen



COVID-19 symptoms?
Stay at home.
Get tested as soon as possible.

General measures



Curfew: do not go outdoors **between 21.00 and 04.30**. As of **31 March** the curfew will start at 22.00.



Wear a face mask where required.

Meeting people



Receive **no more than 1 visitor** 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.

Travel and transport



Stay at home as much as possible.



Use public transport for **essential travel only**.



Stay in the Netherlands and **do not travel abroad in the period up to and including 15 May**.

Shops



Non-essential shops are closed.

Shopping by appointment, 'click and collect' and delivery allowed.



Shops selling essentials, including supermarkets, greengrocers and chemists, may remain **open**.



Ban on sale of alcohol after 20.00.

Food and drink / events



All establishments serving food and drink remain closed. Takeaway and delivery are allowed.



Events are banned.

Venues normally open to the public



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

Contact-based professions



People working in **contact-based professions**, like hairdressers and driving instructors, **can perform their work**.

Work



Work from home, unless that is not possible.

Education and childcare



Primary schools and daycare centres are **open**.



Secondary schools and secondary vocational schools (MBO) are **partially open**.



Remote teaching in higher education.



Out-of-school care remains **closed**.

Sport



Indoors: all indoor sports facilities remain **closed**. Exception for swimming lessons for children aged 12 and under.



Outdoors: allowed for children aged 17 and under. Allowed for people aged 18 or over under certain conditions.



No matches or competitions.

alleen samen krijgen we
corona onder controle

Exceptions and conditions:
[government.nl/coronavirus](https://www.government.nl/coronavirus)
or call 0800 1351