



Government of the Netherlands

# Stop the spread of coronavirus

We'll only get coronavirus under control if everyone does the following:



## Stay at home as much as possible.

Only go outside if you need to. For instance, to do grocery shopping or get some fresh air. And don't go with more than two other people. Work from home if you can.

If you have cold-like symptoms or a fever, stay at home. If someone in your household has cold-like symptoms and a fever, the whole household should stay at home. Don't have any visitors.



## Wash your hands frequently.

Wash your hands multiple times a day with soap and water. Especially if you have been outside.



## Cough and sneeze into the crook of your elbow.



## Keep your distance (1.5 metres).

Coronavirus mainly spreads through coughing and sneezing. You should always stay 1.5 metres (two arms lengths) from others. That includes on the street, at supermarkets and in parks. That way, you'll reduce the risk of getting infected and infecting others.



## Use paper tissues and discard them immediately.



## Avoid shaking hands.

*Tell your family, friends and neighbours about these measures.*

**together, we'll get  
corona under control**

More information:

[government.nl/coronavirus](https://government.nl/coronavirus)

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