



Government of the Netherlands

Dear traveller arriving from the United Kingdom or South Africa,

In recent weeks the United Kingdom and South Africa have experienced a rapid increase in the number of COVID-19 cases as a result of a new variant of coronavirus. The Dutch government has imposed extra measures on travellers from these countries in order to limit the import of this virus strain into the Netherlands. The measures were taken on the basis of the Outbreak Management Team's advice no. 93 issued on 21 December 2020. This letter is to inform you of the rules that you must follow as a traveller arriving in the Netherlands and during your stay in the Netherlands.

You are only permitted to enter the Netherlands if you adhere to the following measures.

Before boarding you must have a negative test declaration for COVID-19 based on a negative PCR test which was carried out no more than 72 hours before your arrival in the Netherlands.

You must self-quarantine for 10 days immediately on arriving in the Netherlands. This means:

- You must stay at home.
- You must keep 1.5 metres away from the people you live with as much as possible.
- Only the people you live with may be at home with you.
- Nobody may visit you, except for medical purposes (for example, a doctor or a municipal health service (GGD) official).
- You should arrange for other people to do necessary errands for you, like grocery shopping or walking the dog.

If you develop symptoms suggestive of COVID-19 after your arrival in the Netherlands, contact the GGD by phone and make an appointment to get tested. Tell the GGD when you make the appointment that you recently travelled to the Netherlands from the UK or South Africa. Phone your doctor if you become seriously ill (a high fever and/or trouble breathing). Do not go to the doctor's clinic. After you have been tested you must continue to self-quarantine until you get the test result. You may only leave your home to go to the test centre. If the test result is positive, the GGD will conduct source and contact tracing. If the test result is negative, you must continue to self-quarantine until the end of the 10 days.

While you are self-quarantining you must follow all the basic measures that apply in the Netherlands. These include washing your hands often with soap and water, coughing and sneezing into your elbow, and staying 1.5 metres away from other people. After you end your self-quarantine, continue to follow these measures and all the other rules that apply, such as avoiding busy places, wearing a face mask in indoor public spaces (like shops) and getting tested if you develop symptoms. If you need help or support while self-quarantining, download the 'Help and support when self-quarantining' brochure on government.nl. The CoronaMelder app, which will warn you if you have been near someone who later tests positive for coronavirus, can be downloaded via www.coronamelder.nl. Use of the app is voluntary.

I am counting on your cooperation, in the interests of your own health and the health of everyone around you. Together, we'll get coronavirus under control.

Yours sincerely,

Hugo de Jonge

Minister of Health, Welfare and Sport