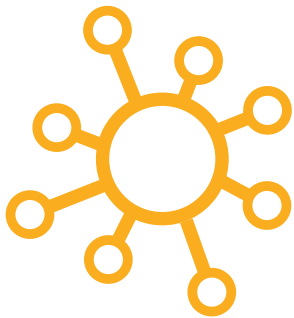




# Health and safety in daily life and at work during the covid-19 crisis

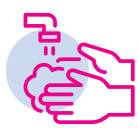
In order to limit the spread of the virus there are specific measures that everyone living in the Netherlands must respect. Below you will find some tips for correctly adopting these measures and the organisations you can contact if you have any questions, health issues or complaints about your living and working conditions.



## General

Always follow the national health instructions issued by the Netherlands National Institute for Public Health and the Environment (RIVM), see [www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19/documenten/publicaties/2020/04/03/coronavirus-werknemersvragen-anderstalig](https://www.rijksoverheid.nl/onderwerpen/coronavirus-covid-19/documenten/publicaties/2020/04/03/coronavirus-werknemersvragen-anderstalig).

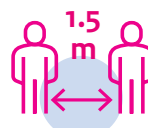
## To avoid spreading the virus



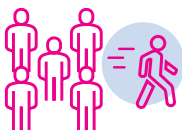
Wash your hands often with soap and water.



Cough and sneeze into your elbow and use paper tissues.



Maintain a distance of at least 1.5 metres from others. This does not apply to family members in the same household.



Avoid busy places.



Cold symptoms could be the onset of COVID-19. Avoid infecting other people and stay at home if you have one or more of these symptoms:

- ✓ Runny nose;
- ✓ Sneezing;
- ✓ Sore throat;
- ✓ (Slight) cough;
- ✓ High temperature or fever;
- ✓ The sudden loss of your sense of taste or smell.



If you have **no symptoms** for 24 hours you can go outside again.



Contact your **GP** by telephone if your symptoms get worse. If you do not have a GP you can contact the Public Health Service (GGD) on **0800-1351**.



### Free test from 1 june

**Urgent advice:** get yourself tested if you suffer from the symptoms mentioned. To do so contact the **GGD** via **0800-1202**.



## Registration

It is important that you are registered in the Personal Records Database (BRP) at a municipality or Non-residents Records Database (RNI) counter, because you will be issued with a Citizen Service Number (BSN). You need this number for your health insurance and to receive payment of your salary.

### Urgent advice



Register in the Personal Records Database (BRP) in the municipality where you live.

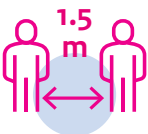
You will find information on this subject on the website of the municipality where you live. Rules on living and working in the Netherlands can be found in several languages on

[www.government.nl/documents/publications/2014/03/07/new-in-the-netherlands-2014](http://www.government.nl/documents/publications/2014/03/07/new-in-the-netherlands-2014).



## Health and safety in daily life

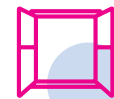
If you share your home with several other people you are urgently advised to respect the following measures:



At home, keep 1.5 metres from each other, as much as possible, also in the garden and your sleeping area. This does not apply to family members in the same household.



Regularly clean rooms and appliances shared with your housemates.



Air your home by regularly opening the windows.



If you have any health problems avoid contact with the other housemates.



All your housemates must stay in the property if you or anyone else in the property suffers from a fever and/or tightness of the chest.



You may only leave the property if nobody has shown any symptoms for 24 hours.

If you have any doubts, always contact your GP or the GGD. The GGD can be contacted on **0800-1351**.



If you are evicted from your home and do not have anywhere to sleep, you can currently report to the municipality where you live. A solution will be found in consultation with you and social services.



If you have any concerns about the safety of your place of residence, for example, a fire hazard or unsafe installations or constructions, you can contact the municipality where you live.



# Health and safety at work

Your employer must ensure your work environment is safe and that it complies with national RIVM guidelines. Here are some tips for a safe workplace.



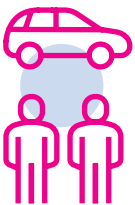
If you display one of the above-mentioned symptoms call your employer to report in sick. You must not go to work.



An employer cannot force you to go to work if you are sick.



Contact your employer if one of your housemates suffers from a fever and/or tightness of the chest. It could mean that you must stay at home and not go to work.



Travel by car with a maximum of two people (including the driver).



Always keep a distance of 1.5 metres from each other when travelling in a minibus, also when getting in or out.



If you do not feel safe in your workplace or when travelling to and from work, discuss it with your employer.



You can report any complaints about your workplace or working conditions to [www.inspectorateszw.nl/contact/contact-form](https://www.inspectorateszw.nl/contact/contact-form) or call **0800-5151** (also if you want to submit an anonymous report).



Fairwork is an organisation that will provide you with free assistance in the event of conflicts with your employer, even if you do not have a contract. Please see [www.fairwork.nu/en/2020/03/18/corona-and-work-in-nl](https://www.fairwork.nu/en/2020/03/18/corona-and-work-in-nl).



Frequently asked questions about COVID-19 for employees are available in other languages on [www.rijksoverheid.nl/documenten/publicaties/2020/04/03/coronavirus-werknemersvragen-anderstalig](https://www.rijksoverheid.nl/documenten/publicaties/2020/04/03/coronavirus-werknemersvragen-anderstalig).



**Are you being threatened or pressurised by your landlord or employer, or do you think your living or working situation is unsafe and don't dare report it to your landlord or employer?**

Call the police: **0900-8844**. You can also report it anonymously via Meld Misdaad Anoniem by calling **0900-700** or via [www.meldmisdaadanoniem.nl](https://www.meldmisdaadanoniem.nl)

**Together is the only way**

**to get the coronavirus under control**