



Easing of restrictions under certain conditions

The rules for sports, artistic and cultural activities, contact-based industries, shops and education will be relaxed on Saturday 15 January 2022. However, certain extra conditions apply, such as tighter rules on the use of face masks. Due to the high number of infections, places like restaurants, bar and cafés, museums and cinemas will remain closed. On Tuesday 25 January the government will decide if more restrictions can be lifted.

General



Receive no more than 4 visitors a day. Visit no more than 1 household a day.



Do a self-test before visiting others or receiving visitors.



Work from home, unless that is not possible.



Wear a face mask where this is required or advised.

Shops and groceries



Non-essential shops (such as clothing shops and garden centres) can open until 17.00.



Essential shops (such as supermarkets) can open until 20.00.

Food and drink/events



Restaurants, cafés and bars are closed, except for takeaway and delivery.



Events are not permitted. *Exceptions: funerals, weekly markets and professional sports matches (no spectators).*

Education



All educational institutions are open for lessons and lectures.

Sport



Both indoor and outdoor sports are permitted (no spectators).



Indoor sports facilities: coronavirus entry pass and proof of identity are required (18 and over).



Group lessons and sports matches and competitions within a club are permitted (no spectators).

Artistic and cultural activities and recreation



Theatres, cinemas, museums, concert venues, zoos, amusement parks and saunas are closed to the public.



Cultural activities (such as music lessons and dance) are permitted (no audience). Coronavirus entry pass is required indoors and outdoors (18 and over).

Contact-based industries



Hairdressers, nail technicians and others in contact-based professions can open until 17.00.



Extra face mask rules

Wear a face mask:

- At outdoor places where it is difficult to keep 1.5 metres apart (such as shopping streets).
- At the workplace when moving around and wherever it is difficult to keep 1.5 metres apart.
- MBO, HBO and university when moving around and when seated.

You are advised to wear a disposable face mask and not a homemade or fabric face mask.



Self-quarantine

After close contact with a person who has coronavirus you do not need to self-quarantine if you have no symptoms and:

- You had a booster vaccination at least 1 week ago.
- You tested positive less than 8 weeks ago.

You must self-quarantine in all other cases.

Special rules are being worked on for people in certain jobs.

Wash



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

Distance



Stay 1.5 metres apart. Don't shake hands.

Test



COVID-19 symptoms? Stay at home and get tested, even if you are fully vaccinated.

Ventilate



Ensure a good flow of fresh air indoors.