



Strict lockdown in order to minimise contact between people

The Netherlands will go into its strictest lockdown yet from 15 December until at least Tuesday 19 January.

During the lockdown the following rules will apply

Rules for daily life

- Stay at home as much as possible, including during the festive season.
- People should continue to work from home, unless it is absolutely necessary that they go into work.
- Outside, the maximum group size is 2 people or 1 household. Children under 13 excluded.
- Do not receive more than 2 people aged 13 or over at home per day.
- There is an exception to this on 24, 25 and 26 December: then, up to 3 people can visit, excluding children under 13.

Rules for schools

- Primary and secondary schools, schools for secondary vocation education (MBO) and higher education institutions (universities and HBO) will deliver teaching online. They may make exceptions for those sitting exams and interim exams this academic year, as well as for practical training and to support vulnerable pupils and students.
- Childcare centres will also be closed.
- Primary schools and childcare centres will remain open for children whose parents work in critical sectors.

Rules for shops and venues

- Venues such as museums, theatres, amusement parks, zoos, casinos, saunas, indoor sporting venues, and establishments serving food and drink (including in hotels) will be closed throughout this period.
- Shops such as clothing stores, shoe shops, jewellery shops and shops selling craft supplies will also be closed.
- Supermarkets, bakeries, butchers and other shops where food is sold can remain open, as can establishments such as pharmacies, chemists and petrol stations.
- People working in non-medical contact-based professions, including hairdressers, nail stylists and tattooists, cannot carry out their work.
- Only people in medical and paramedical contact-based professions can continue to carry out their work.

Rules for sports activities

- Adults (18+) may take part in sports activities on their own or with one other person, but only outdoors.
- Children aged 17 and under may take part in team sports and play matches against children at the same club, but only outdoors.

Rules for travel

- Public transport is for essential travel only.
- Do not book any foreign travel until mid-March at the earliest and do not travel abroad.