COVID-19 quarantine rules
From 1 December 2020

Quarantine is very important to prevent COVID-19 from spreading. It means that you must stay home because you might be infected. Even if you have no symptoms, you could be contagious and infect others without knowing it. From 1 December 2020 on, you can also be tested without symptoms during quarantine.

When to go into quarantine

You should go into quarantine if:
- you have had close contact with someone who has COVID-19
- you have received a report via the CoronaMelder app or from the Municipal Public Health Service (GGD)

* Close contact: If you were less than 1.5 metres apart from someone with COVID-19 for longer than 15 minutes

When to get tested

With symptoms: immediately
If you have symptoms, make an appointment for a test right away.

No symptoms: from five days on
If you do not have any symptoms, you can schedule a test on or after the fifth day since your close contact with someone who has COVID-19.

Test result is negative
Quarantine ends

Were you tested on or after the fifth day, and was the result negative for COVID-19? Then you may be released from quarantine. If your health changes and you develop symptoms (again), get tested again. In that case, stay home again until you get the results.

Test result is positive
Go into isolation

Was your test result positive? Then you have COVID-19. In that case, you must stay home – even if you do not have any symptoms. This is called isolation. This is so you do not spread the virus and do not infect others.

Avoid contact with vulnerable people

As a precaution, avoid contact with vulnerable people until the 10th day after your last contact with a COVID-19 patient. Consult with your employer if you work in healthcare and are needed at your work.
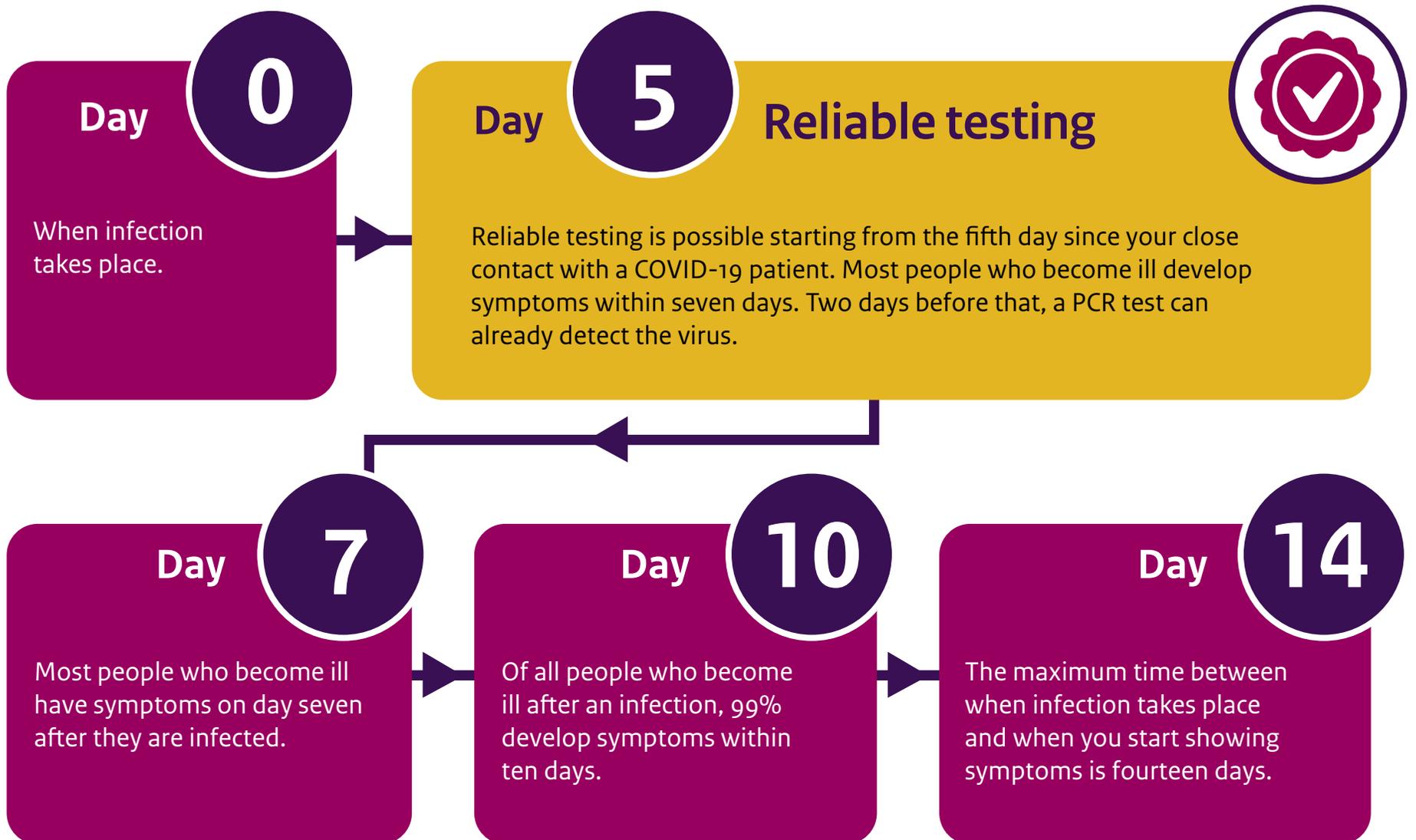
Contact with GGD

The Municipal Public Health Service (GGD) in your area will contact you if you have COVID-19. They will start source and contact tracing and tell you what you need to do. Call the GGD if you have any questions about your personal situation.

COVID-19: from infection to symptoms

Have you been in close contact with a COVID-19 patient? Then you will go into quarantine. If you have symptoms, get tested right away. If you do not have symptoms, you can get tested on or after the fifth day since your close contact with a COVID-19 patient. The timeline below shows how the virus develops from infection to when you start showing symptoms.

Day 0

When infection takes place.

Day 5 — Reliable testing

Reliable testing is possible starting from the fifth day since your close contact with a COVID-19 patient. Most people who become ill develop symptoms within seven days. Two days before that, a PCR test can already detect the virus.

Day 7

Most people who become ill have symptoms on day seven after they are infected.

Day 10

Of all people who become ill after an infection, 99% develop symptoms within ten days.

Day 14

The maximum time between when infection takes place and when you start showing symptoms is fourteen days.

Detecting more infections, preventing further spread

Testing during the quarantine period will allow us to detect new viral infections sooner. You will know more quickly if you are infected with the virus, and can go into isolation earlier. This will prevent you from infecting others. Also, the Municipal Public Health Service (GGD) can start source and contact tracing more quickly. This is how we will reduce the number of infections and get the virus under control.

Committed to *health and sustainability*