

Leiden, 23rd of July 2021

Dear international student,

Welcome to The Netherlands! We think you made an excellent choice coming to Leiden or The Hague for your studies. We hope you will have a great time and feel at home soon. In the coming weeks you will get to know many new people and will start with the study of your choice.

To make sure you can find your way on campus, in the city and meet new people, various orientation programmes have been organized. We hope you will enjoy every moment of it.

To do so, we, as the Municipal Health Organization for Preventive Healthcare, would like to give you some information about COVID-19. We would like to make sure all your questions are answered, and you are aware of the measures in the Netherlands.

About the GGD

The GGD is the municipal health organization for preventive healthcare. The main tasks of the GGD are monitoring, advising, and informing civilians about (preventive) medical care. During this pandemic, we make sure the virus stays under control by testing, vaccinating, contact tracing and advising about measurements.

Where can I find the corona measures?

The national government's website www.government.nl offers current information about the COVID-19 in The Netherlands. We recommend you visit this website regularly to stay up to date about COVID-19 in The Netherlands.

About corona virus testing

When are you supposed to get yourself tested for the virus? Get tested if you have any of these symptoms:

- symptoms of a common cold
- a nasal cold
- a runny nose
- sneezing
- a sore throat
- coughing
- a fever
- or a sudden loss of the sense of smell and taste.

Tests are free of charge for everyone and are performed 7 days a week. To make a free test appointment, call 0800-1202 (daily 08:00- 20:00). Anyone can call this number to make an appointment. Dutch and English is spoken.

Stay at home until you receive the test results. While waiting for the results you are not allowed to go outside, to go to work, to study at another location or to receive visitors.

If someone in your close environment tested positive (someone you spent time with for longer than 15 minutes within 1,5-meter distance), you need to go into quarantine. Are you in quarantine? Then you can go for a test on day 5. If you tested negative, you are allowed to go outside again.

A negative corona virus test result

Negative means that you are NOT infected with COVID-19 at the time of the test. You are allowed to go outside again.

A positive corona virus test result

A positive test result means you ARE unfortunately infected with the corona virus. You will have to go into isolation at home. Stay at home for at least 7 days and get well. You are not allowed to go outside and may not receive visitors. This means you cannot go grocery shopping either (you can ask someone to do shopping for you or order your groceries online). If after 7 days you have been free of symptoms for the last 24 hours, you may go outside again.

The Hollands Midden Public Health Service (GGD) will call you if you've tested positive.

Serious symptoms

Are your symptoms getting worse? Are you short of breath and do you have a fever (38°C or above)? Then phone a GP (General Practitioner), if there is an immediate emergency go to the ER or call 112.

Note: we recommend you to register at a GP shortly after you have arrived in The Netherlands. You can find 2 or 3 GPs within 1 kilometer of your house. You can register at one of them to ensure you will receive the necessary healthcare when needed.

Household or not

We speak of a household when it concerns married couples, registered partners or other living companions, communes, student houses, as well as parents, grandparents and children who live at one address.

About vaccination against the corona virus

People who are registered in the Personal Records Database (BRP) automatically receive an invitation to get vaccinated against the virus. If you already received one vaccination in your home country with the AstraZeneca, Pfizer or Moderna vaccine. You can receive your second dose of the vaccine in the Netherlands. If you already received a different kind of vaccine in your home country, you cannot be vaccinated in the Netherlands*.

If you are not registered in the BRP, but you are staying in The Netherlands for longer than one month, you can get vaccinated if:

- You are not yet vaccinated, or;
- You received one vaccination in your home country with the AstraZeneca, Pfizer or Moderna vaccine*. You can receive your second vaccine in the Netherlands.

**) Unfortunately, you cannot be vaccinated in the Netherlands if you received a different kind of vaccine. The Health Council of the Netherlands does not approve of mixing different kinds of vaccines (yet).*

Making your appointment: by telephone

Are you meeting the requirements for vaccination and are willing to be vaccinated? If so, make an appointment for your vaccination via 0800-7070 (daily 08:00-20:00).

If you want to get vaccinated, we advise you to go for a free PCR-test 5 days after your arrival. This is because we want to make sure you're not infected with the virus while getting vaccinated. Note: if you come from a high-risk region, a PCR-test and quarantine is mandatory.

If you have a recent positive test result, you will have to wait 8 weeks after the date you have tested positive, before getting vaccinated.

At the vaccination location

At the vaccination location, you are asked to fill in a questionnaire about your health. If you have any questions, an employee is present to assist you. If needed a doctor is present to advise you about health-related topics regarding the vaccine.

You will be vaccinated with the Pfizer vaccine. After the vaccination, you will sit in a waiting room for another 15 minutes. This is to make sure you feel good when leaving the venue. First aid is available at all times and doctors are always present at the location.

Please take these with you to the appointment:

- The letter from the RIVM and the completed questionnaire about your health (note: only people who are registered at the municipality will receive this letter. If you didn't receive a letter, you are still allowed to be vaccinated)

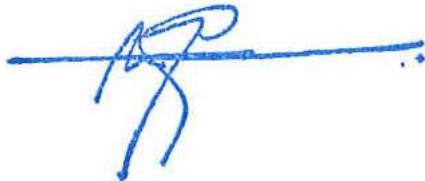
- Your ID-card or passport
- A face mask
- Clothing that allows easy access to your upper arm.

You can bring someone to the appointment to help you.

Questions about the corona virus?

If you have questions about the corona virus itself, you can call this national information number: 0800 - 1351 (Dutch and English, daily between 08:00 and 20:00).

With kind regards,



Sjaak de Gouw

Director Public Health
Region Hollands Midden

About the GGD

Services

Travelers can get advice on health care issues and the necessary vaccinations for their destination.

The GGD is also responsible for infectious disease control, such as the corona virus and many other infectious diseases as measles and scabies, but also for tuberculosis. We are therefore responsible for the contact tracing of notifiable infectious disease and provide the medical screenings that are sometimes required to obtain a residence permit, such as chest X-Rays to check for tuberculosis.

Furthermore, the GGD has child health centers where parents of young children can take their children for regular check-ups.

Travelling and vaccinations

The Travelers' advice and vaccination office, part of the municipal health organization of Eindhoven (GGD), administers vaccinations and provides travelers with fitting recommendations for all their travels to countries, such as Africa, South and Central America, Asia and the former Eastern Block countries.

Sexually Transmitted Disease (STD)

What used to be called venereal disease is nowadays generally referred to as a sexually transmitted disease, in short STD. The most dangerous and well-known STD's are HIV/AIDS, chlamydia, gonorrhoea, syphilis, and hepatitis B. When you are infected with an STD or when you think you are, you can visit the municipal health organization STD Outpatient Clinic for an examination and treatment. The staff members have consultation hours where they diagnose, test, provide information and treat an STD, furthermore they develop intervention programmes.

Besides the STD examination and treatment, we also provide medical treatment after sexual violence to prevent HIV, STD's and pregnancy. You can also ask questions about sexuality and relations, anticonception, (unwanted) pregnancy and prevention of HIV (pre-exposure prophylaxis and post-exposure prophylaxis).

The STD clinic:

- Offers free examination and treatment of STD for people younger than 25 years of age or people with high risk at STD
- Does not require a referral by a physician

- Does not require insurance

Some personal information is required, but this will be treated strictly confidential.

Medical environmental control

Under commission by town districts, housing corporations, individuals, and businesses, the GGD medical environmental control prevents and treats all kinds of public-health pests, such as rats, feral pigeons, wasps and cockroaches in, its environs and sometimes also nationwide.

Addresses of test locations

Alphen aan den Rijn	<u>Kalkovenweg 7, 2401 LJ</u>	Entrance at Zinkweg
Gouda	<u>Nieuwe Gouwe O.Z 40, 2803 RA</u>	
Katwijk	<u>Vliegveld Valkenburg: 1e Mientlaan 29</u>	Building 148
Leiden	<u>Verbeekstraat, without number, but after number 19-21</u>	The last building at the Verbeekstraat.

Addresses of vaccination locations

Alphen aan den Rijn	<u>President Kennedylaan 1, 2402 NZ</u>	Nieuwe Sloot (Entrance Kees Mustersstraat)
Bergambacht	<u>Meidoornstraat 7, 2861 VJ</u>	Zalencentrum de Waard
Gouda	<u>Tobbepad 2, 2803 WH</u>	Sport facility 'Dick van Dijkhal'
Leiden	<u>Haagse Schouwweg 10, 2332 KG</u>	Event en Convention Center ECC Leiden
Leiderdorp	<u>Bloemerd 1A, 2353 BZ</u>	Sport facility 'de Bloemerd'
Noordwijkerhout	<u>Langelaan 3, 2211 XT</u>	Hotel NH Noordwijk Conference Centre Leeuwenhorst
Nieuwerkerk aan den IJssel	<u>Steenbakkerij 2, 2913 LJ</u>	Sport facility 'de Kleine Vink'