

## Rules for meetings and campaign activities during the corona pandemic

1. Always disinfect your hands upon entering and leaving a room or a meeting.
2. There is more than enough disinfectant gel available at every meeting, as well as instructions on the use of the room.
3. Everyone must strictly follow the Meeting Safely protocol during Amnesty meetings and campaign activities.
4. Employees or volunteers with cold or cough symptoms, a sore throat, fever or other (possible) symptoms of the flu and/or the corona virus, are prohibited from organising meetings or campaign activities and are urgently requested to follow the RIVM's instructions.
5. We always cough and sneeze in our elbow.
6. All gatherings, meetings, campaign activities and other occasions involving in-person contact must follow the guidelines issued by the government. For further information, please see: [rijksoverheid.nl](http://rijksoverheid.nl).
7. Organisers must ensure that the 1.5-metre distance from others is respected.
8. The organisers must bring disinfectant gel and hygienic wipes to the location and clean their hands and any campaign or other shared materials in the room regularly.
9. We share as few leaflets, petitions or other information carriers with the participants or audience as possible, or none at all.
10. Campaigning efforts, such as having people sign petitions, are carried out in a contact-free manner (such as using a QR code).
11. Employees and volunteers are aware of the risks of touching surfaces.
12. Physical contact is out of the question, both inside and outside on the street. Shaking hands or other physical contact is not allowed during a meeting or campaign activity.
13. Employees and volunteers must keep a minimum distance of 1.5 metres from participants and the general public. Special attention is paid to vulnerable groups, including but not limited to people over the age of 65, diabetics, people with heart, lung or kidney diseases and people with compromised immune systems. In the event of any doubt about someone's health or at someone's specific request, participation or any other contact will be stopped immediately.
14. If an employee or volunteer has been in close contact with someone who is infected with the coronavirus and this has been confirmed, the following rules apply. The employee/volunteer must cease all activities immediately and avoid physical contact with others (observing the social-distancing norm of 1.5 metres).  
The employee/volunteer must wash their hands immediately in compliance with RIVM guidelines.  
The employee/volunteer must inform their manager and go home immediately where they must follow the RIVM protocol. If you have tested negative for coronavirus, you can still become ill for up to 14 days after coming in contact with someone infected with corona. This is why you are not allowed to come to work during this 14-day period.
15. You must always report incidents to the organisation that deviate from these rules. If this occurs at a meeting in the Netherlands, report this to the regional coordinator. Incidents occurring at national meetings and campaign events must be reported to your manager.

## RIVM guidelines

### Measures to prevent the spread of the coronavirus

- Wash your hands often with soap and water.
- Cough and sneeze in your elbow.
- Use paper handkerchiefs to blow your nose and then dispose of them immediately.
- Don't shake hands.
- Remain 1.5 metres (two arm lengths) away from others.
- Work from home as much as possible.

### Are you sick?

If you have one or more symptoms that fit the description for COVID-19, you can get tested.

- Mild symptoms: Cold symptoms, stuffy nose, runny nose, sneezing, sore throat, cough, fever or if you have suddenly lost your sense of taste and/or smell. Stay home, get tested, let the illness run its course. Visit [Rijksoverheid.nl](https://rijksoverheid.nl) to find out how to schedule a test.
- Serious symptoms: Difficulty breathing and/or fever (above 38°C) or if your symptoms are worsening. Call your general practitioner or after-hours urgent care clinic immediately.

### Are you 70 or older or are you in an at-risk group?

- Be extra careful. It may be wise to stay at home as much as possible for the time being. Avoid crowds and give each other space
- Make sure you can always maintain a distance of 1.5 metres from others.
- If this isn't possible, go somewhere else.