

## **Important information concerning the Corona virus**

### **1. How can you get the Corona virus?**

The virus is passed from person to person. This can happen when you cough, talk or shake hands.

### **2: How can you tell if you have the virus?**

If you have the Corona virus, your symptoms may include coughs, a cold, a scratching feeling in your throat and fever, for example. It's very similar to the flu. Some people also get diarrhea. Some people have worse symptoms than others; they get breathing problems or pneumonia. If you have the virus, it can take up to 14 days before these symptoms start to appear.

### **3. Why is the Corona virus dangerous?**

With most people, the disease from the Corona virus is mild. However, in about 15 percent of those infected, the disease is severe: they experience breathing difficulties and pneumonia. So far, the virus has mainly killed elderly patients and people who had been ill before.

### **4. What should I do if I have signs of illness?**

If you have a fever, cough or difficulty breathing, and live in an area where there are already people with a viral infection, you should call a doctor and make an appointment. If you have a fever, cough or shortness of breath, you should have as little contact with other people as possible. Keep at least 1.5 or 2 metres away from other people. If possible, stay at home or in your room. Cough and sneeze into the crook of your arm, or into a handkerchief, which you then immediately dispose of in a rubbish bin. Wash your hands often and thoroughly (especially after going to the toilet and before preparing food).

### **5. What should I do if I have had contact with an infected person?**

- If you have had personal contact with a person who has the Corona virus, call your doctor or local public health department and let them know. The line may be busy if a lot of people are calling at the same time. In this case, please call the Federal Ministry of Health: 030 346 465 100. The consultation is only available in German. If you live in a reception centre or in a shared accommodation, please inform the management of the facility or the care centre quickly. You should also let them know, for example, at your school, language school, training centre or workplace. In addition, you should stay at home for the next 14 days after the last contact with the person who is ill to find out whether you have been infected.

### **6. How does the Corona virus affect everyday life?**

- In public places, a distance of 1.5 metres must always be kept from other people. This does not apply to people who live in the same household. In addition, people from two different households may meet in public or at home without having to keep a distance of 1.5 metres.
- At home, a maximum of five people from different households may meet, or people from only two different households. At the beginning of June there could be some relaxation of this rules.
- When you go to a shop, you must cover your mouth and nose with a mask, scarf or cloth.
- If there are already too many people in a shop, you may have to wait before you can go in.
- When using public transport (train, bus, tram), you must cover your mouth and nose with a mask, scarf or cloth. This also applies if you wait at the stop or on the platform.

- Many sports facilities, including gyms and swimming pools, remain closed. Playgrounds have opened again. However, this does not apply to the small football fields (Bolzplatz) which are often found on playgrounds in Germany. Sports which do not involve physical contact may be practiced, even together with other people. A distance of at least 1.50 metres must always be maintained.
- Bars, clubs, discos, pubs, theatres, operas, concert halls, cinemas (except drive-in cinemas), amusement parks and brothels remain closed. Museums, exhibition rooms, memorials, zoos and animal parks are open again.
- Cosmetic and nail studios and hairdressers are open. Hygiene regulations must be observed, e.g. you and the hairdresser must both wear mouth protection.
- Restaurants and snack bars may reopen. However, special rules apply. Among other things, people in the restaurant must keep their distance and must provide their name and contact address so that contact persons can be identified afterwards in case of infection.
- In churches, mosques, synagogues or prayer houses of other religions, religious events and meetings may again take place. However, people must keep a distance of at least 1.5 metres between each other. Further precautions are determined by the respective religious communities.
- Travel restrictions within Germany have been relaxed. Relaxations for travel to other European countries are to be expected, and you should make sure that you are well-informed about the country of destination.
- Daycare facilities and kindergartens have reopened for half of all children. There are also emergency groups. Ask your institution and social workers whether your children can be admitted to the emergency groups.
- Some schools have reopened, although different rules apply for different classes. If you have not yet been informed, ask your school or your children's school.
- After the Whitsun holidays (15 June), classes will be held in the schools, but probably in small groups and on alternating days.
- At universities, all courses will be online only, until further notice.
- There are relaxations to the rules for visits to hospitals and nursing homes. You will find out more on site.
- Grandparents should not be involved in childcare, as children are often carriers of the virus, even if they rarely have symptoms themselves.
- Employers should allow their employees to have a home office or reduce overtime.
- The basic rule is: the virus is still dangerous and its spread has not been stopped. Be careful and keep your distance.

Anyone who does not observe the rules can be fined by the police and the regulatory authorities.

### **7. May I still make appointments with authorities?**

In many towns, communities and districts, authorities are reopening slowly but with restrictions. If you have an appointment or an urgent matter that cannot wait, find out beforehand from the authorities - for example, by telephone or by looking at the website.

### **8 What is domestic quarantine?**

If you or a member of your family is infected with the Corona virus, you and your family will be quarantined. This means that you are not allowed to leave your apartment/room (if you have your own bathroom with toilet) for at least 14 days. This is a very difficult situation, especially if children are also affected. It is important that you

remain calm and keep in contact with relatives and friends by telephone. There are also many offers on the Internet for the time in quarantine: videos for sports and music, games for children, online church services, etc.

If someone else in your accommodation is infected, it is possible that all or part of the accommodation will be quarantined. You and other residents can work together to decide what demands you have on the home management in this case. For example, you can ask for free WLAN access in the accommodation.

### **General telephone hotline on the subject of the corona virus**

The State Health Office has set up a telephone hotline where you can ask your questions about dealing with the coronavirus from Monday to Sunday between 9 a.m. and 6 p.m.: 0711/904-39555



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