

Rules and recommendations on behaviour to prevent the spread of coronavirus in an everyday environment

Protect yourself and others!



At home and with your family

- ▶ Stay home as much as you can. Avoid social contact with older people or people with chronic illnesses. This is for their own protection. Use alternative forms of communication such as the phone, email, chat apps, etc.
- ▶ Please adhere to the visitation requirements concerning hospitals and other care institutions.
- ▶ Make sure you ventilate shared rooms on a regular basis and avoid physical contact such as handshakes and hugs.
- ▶ If someone in your household falls ill, make sure they are separated from the other members of your household if possible.
- ▶ Go shopping as infrequently as possible and avoid peak times. Maintain the minimum distance to other shoppers. Use pick-up and delivery services where possible.
- ▶ You are only permitted to go out for a walk or for other physical exercise (such as jogging) with one other person. Make sure you maintain the minimum distance.
- ▶ Offer your help to those who may need it! Offer to go shopping for older relatives or neighbours or others in your area who may live alone or require assistance. Do not enter their house or apartment. Instead, hand over or drop off the shopping at the front door.
- ▶ Do not organise any private events at your home or attend events at other people's houses (such as birthday parties, play dates for children or film nights). At the moment, leisure activities are only permitted together with members of your own household. This is the only way to achieve our aim of containing the spread of the virus.
- ▶ Please do not hesitate to seek help or assistance should you need it.
- ▶ Hotlines have been set up in many areas to provide telephone assistance regarding any issues surrounding family life.
Visit your district or city council's website for further information.



At work

- ▶ If possible, work from home in agreement with your employer.
- ▶ Try to liaise with others via email or telephone. Use video conferences for group meetings where possible. Any unavoidable meetings in person should be kept as short as possible, involve as few participants as possible and be held in a well-ventilated room. Make sure you maintain a distance of at least 1.5 metres from other participants and forgo all physical contact such as handshakes.
- ▶ Eat your meals alone if possible (e.g. in the office).
- ▶ Stay home and recuperate if you feel ill.



Travel and public transport

- ▶ Avoid public transport if you can. Travel by bike, by foot or in your own vehicle.
- ▶ Only travel if absolutely necessary, including within Germany.
- ▶ Many borders have been closed and only a limited number of flights are operating.



Public life

- ▶ Only meet up with one other person in public or with members of your own household.
- ▶ Avoid large gatherings and maintain a distance of 1.5 metres to other people.
- ▶ Only visit public facilities such as authorities, administrative bodies and other public offices if absolutely necessary. Many public facilities are currently offering responses to queries via telephone.



Please make sure you inform yourself of any additional regional or local measures that may have been introduced.

