



Coronavirus information

1. How can you catch coronavirus?

The virus is passed from person to person. This happens, for example, while coughing, speaking or shaking hands with someone else.

2. How can you tell if you have the virus?

If you have the coronavirus, you might get a **cough, runny nose, sore throat and fever**. The symptoms are very similar to flu. Some people also get diarrhoea. Some patients are feeling worse than others; they might get breathing problems or pneumonia.

If you have the virus, it can take up to 14 days for these signs of illness to appear.

3. Why is the coronavirus dangerous?

For most people, the illness caused by the coronavirus is mild. However, around 15 percent of those infected become severely ill: they develop breathing problems and pneumonia. Those who have died from the virus so far have mostly been older patients and people who were already ill.

4. What do I have to do if I show signs of illness?

If you have a fever, a cough or shortness of breath and live in an area where people are already infected with the virus, you should **call** a doctor and make an appointment.

If you have a fever, a cough or shortness of breath, you should have as little contact with other people as possible. Keep at least 1.5 or 2 meters distance from other people.

If possible, stay at home or in your room. Cough and sneeze into your inner elbow,, or into a tissue, which you then immediately dispose of in a rubbish bin. Wash your hands often and thoroughly with soap and at least 30 seconds.

5. What do I have to do if I've been in contact with an infected person?

If you recently have had personal contact with a person who has the coronavirus, call your doctor or your local public health authority (Gesundheitsamt) and tell them about your situation. The number is: **07141/144-69844**

If you live in a reception centre or shared accommodation, immediately inform the management of the facility or social services. Also inform your school, language school, the place where you are being trained or work etc.



Quarantine– Rules

There are three reasons to be quarantined:

- If you feel sick (fever and cough),
- if you have been in contact with an infected person,
- or if you have been confirmed as carrying the Corona Virus.

Quarantine means a temporary isolation of persons affected by or suspected of having a contagious disease to keep them away from others so they don't unknowingly infect anyone. Quarantines are used to stop the spread of contagious diseases. Therefore Quarantine is an effective way to protect the public from an infection with the Corona Virus.

It is very important to follow the rules when you are quarantined:

1. You have to stay at home for at least 14 days. Avoid leaving your room.
2. When under quarantine wash your hands often and thoroughly with soap and at least 30 seconds. Cough and sneeze into your inner elbow, or into a tissue, which you then immediately dispose of in a rubbish bin. Keep at least 2 meters away from other people.
3. Visits from anyone are prohibited.
4. If you need to see a doctor, call ahead first, so that the medical facility can take steps to prevent others from getting infected.
5. Ask friends or neighbors to assist you with grocery shopping or errands from the pharmacy. The items must be stored in front of your door.

Please note: If you violate a legal quarantine, a monetary fine or a prison sentence are faced.

If you are confirmed as carrying the Corona Virus, the health board (Gesundheitsamt) will give you further instructions.

You are obliged to follow these instructions without any exceptions. Cooperate with the authorities!

If you are confirmed as carrying the Corona Virus or suspected of being infected with the Corona Virus share that information immediately with people you have been in contact with. The symptoms may appear 2-14 days after exposure, so talk to everyone you've been in close contact the last 14 days. Close contact means that you spoke with the person for at least 15 minutes or been in contact without keeping 2 metres apart.

This includes:

1. A person living in the same household.

2. A person you've spoken with for at least 15 minutes.

3. A person you've been in contact without keeping 2 metres apart (e.g. during a conversation), also in schools, kindergardens or at work,

3. A person you've been in contact with at Doctor's offices/clinics or at an events (so-wide comprehensible).

What to do with waste if you are confirmed as carrying the Corona Virus or suspected of being infected with the Corona Virus?

All kinds of waste from affected households must be disposed in the **black waste bin**. (Schwarze Tonne)

Other precautions:

- Small amounts of liquid waste shall be put with sufficiently absorbent material to ensure drip-free delivery. Larger quantities of liquid waste must not be disposed via the residual waste bin.

- The waste must be collected in stable garbage bags, which must be tightly closed after filling with the waste, for example by knotting.

- The garbage bags must be placed directly in the bins or containers. They cannot be placed next to them.

All other households continue their waste routines in order not to unnecessarily burden waste disposal facilities.



LANDKREIS
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Watch out!

Important rules of conduct and information about Corona:

Schools, kindergartens and universities are closed at least until April 19, 2020.

Language courses and other educational offers are currently not taking place. The courses will likely remain closed until June 15, 2020.

Mosques, churches and synagogues are closed until June 15, 2020. Private personal contacts are prohibited.

Staying in the public space is only permitted alone, with another person not living in the household or in the company of members of the own household. Keep at least 1.5 meters away from other people in public. If you live in a shared accommodation, a minimum distance of 1.5 metres is to be kept from other persons outside your room. This does not apply to people with whom you are living together in a household.

If these rules are violated, a fine of up to € 25,000 and a prison sentence of several years are faced.

