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für Gesundheit

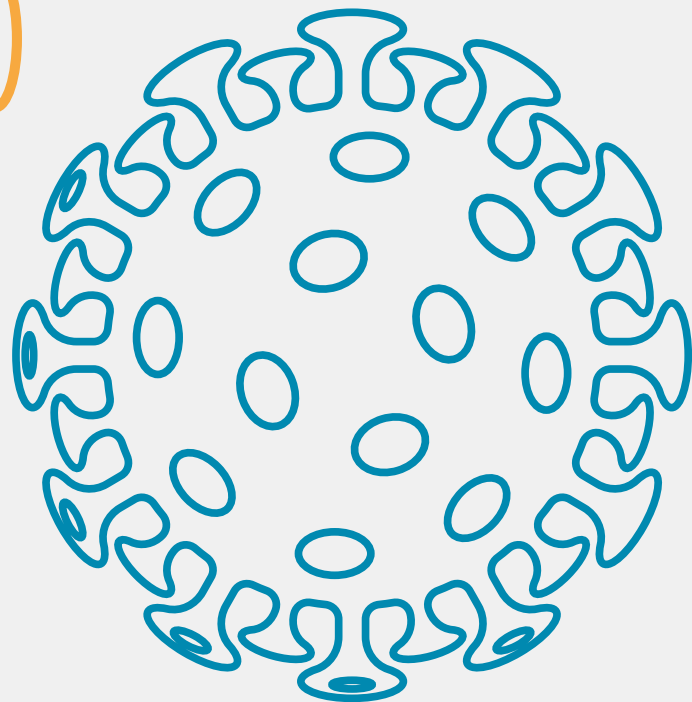
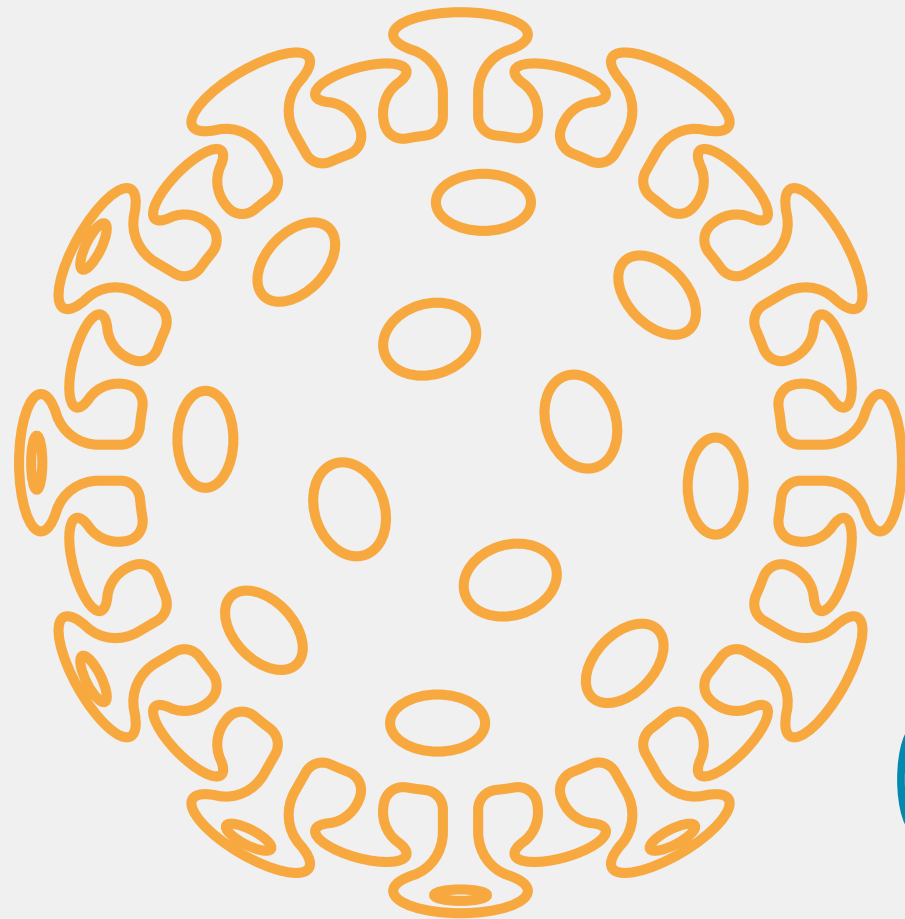


*Ethno-
Medizinisches
Zentrum e.V.*



Novel Coronavirus SARS-CoV-2

Information and practical advice

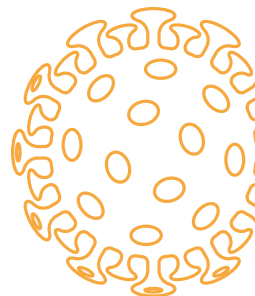
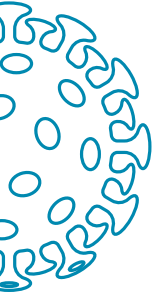


**Zusammen
gegen Corona**



Act safely and respectfully!

- Please make sure you comply with all the latest **instructions, appeals and notices issued by public authorities**.
- We must show **discipline and act in solidarity**. This will help protect your health and slow down the spread of the virus.
- Only trust **information sources** that are accurate and reliable.
- In Germany, you can obtain **current and reliable information** from the Robert Koch-Institute (RKI), the Federal Center for Health Education (Bundeszentrale für gesundheitliche Aufklärung, BZgA) or the Ministry of Health (Bundesministerium für Gesundheit, BMG).
- Also refer to the **latest information from the World Health Organization (WHO)**. The WHO offers current and reliable information in a range of languages.
- Those **infected or ill** must under all circumstances comply with the instructions of medical and care personnel.
- Please also **consider your actions** in order to protect the health of medical and care personnel.



Keep it
UP!

keep distance +
wash hands + cover face

How can I best protect myself?

Social distancing + hygiene + face covering: by keeping UP these three basic rules, you can protect yourself simply and effectively. Also educate your family, friends and acquaintances about these protective measures.



Protective hygiene rules when coughing or sneezing

- When coughing or sneezing, keep a distance of at least 1.5 meters from other people and turn away from them.
- Cough or sneeze into a facial tissue. Use the tissue only once. Dispose of tissues in a rubbish bin with a lid.
- If there are no tissues available, hold the crook of your arm (not your hand!) in front of your mouth and nose when coughing or sneezing.
- If you have had visitors, open the windows wide and air the room for 5 minutes.



Hand washing

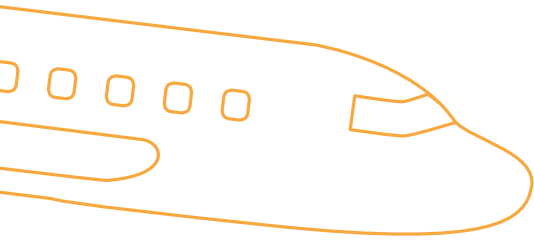
- Wash your hands often and thoroughly with soap, including the spaces between your fingers and the fingertips. Ideally for half a minute and using liquid soap. Rinse your hands under running water.
- Dry your hands carefully, including between your fingers.
At home, everyone should use their own towel. In public toilets, it is best to use disposable towels. In public toilets, close the tap with a disposable towel or use your elbow.



Social distancing and face coverings

- Avoid close contact such as shaking hands, kissing and hugging. You are not being rude; you are merely protecting yourself and others.
- If you are sick, stay at home to recover and to prevent spreading the pathogens.
- Even people who are infected but do not show any symptoms of the disease can infect others. Keep a distance of at least 1.5 meters to avoid the direct transmission of pathogens.
- Those who are sick should stay away from particularly vulnerable individuals, such as older people or those with pre-existing health conditions.
- Please stay informed about current restrictions in your federal state regarding contact between people.
- It is strongly recommended to wear a face covering (e.g. a fabric face mask) in places where it may become difficult to maintain social distancing at all times. Federal states have issued regulations regarding the wearing of face coverings while shopping and on public transport. Adjustments may be made to the regulations on a regional basis. Please check the rules that are currently in force where you are.
- Face coverings should ideally be laundered at 95° C, but at least at 60° C after each single use, and then dried completely. Boiling in water for 10 minutes is an alternative option.

Information for persons entering Germany



Are you coming from a risk area abroad and are about to enter Germany?

Then you are obliged to proceed, immediately after you have entered the country, to your place of residence or other suitable accommodation (e.g. a hotel).

You must then remain there permanently for a period of 14 days after you entered Germany (this is called **quarantine**). This **obligation** arises from the state law applicable at your place of entry and residence. The legislation also contains provisions for some very rare exceptions.

You are also obliged to inform the **health authority** responsible for you of your **address** in Germany.

If you arrived by air, for example, your airline has issued you with a **disembarkation card** for this purpose. Should you not have such a card at your disposal, please contact your local office of public health (Gesundheitsamt). You can find it at <https://tools.rki.de/plztool/>

What is a risk area?

A **risk area** is a state or region outside Germany for which an increased risk of infection with the novel coronavirus exists at the time of entry into the Federal Republic of Germany.

The Robert Koch Institute (RKI) publishes and continually updates a list of risk areas. You can find the list at www.rki.de/covid-19-risikogebiete

Compulsory coronavirus testing

On request by the authorities, you are also obliged to produce proof of a medical test for the novel coronavirus. Otherwise you must submit to such testing on request.

For this purpose, you can be **tested free of charge** within 72 hours of entering Germany, even if you have not yet received such a request. This is possible at many airports in Germany.

Alternatively, the **test** may also have been conducted while still **abroad**, but no longer than **48 hours** before entering the Federal Republic of Germany.

Please note:

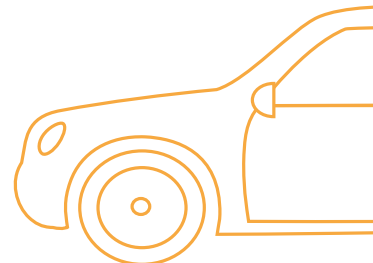
A **negative test result** may lead to quarantine measures being lifted according to the provisions of state legislation. However, some German states require two negative test results within a certain period.

Also: Even if you have received a one-off negative test result, you are still obliged to immediately contact the office of public health (Gesundheitsamt) responsible for you if you get any of the typical symptoms for infection with the novel coronavirus (shortness of breath, a new cough, fever, or loss of the sense of smell or taste) within 14 days of entering the country.

Please consider:

Violations of the above-mentioned regulations may be punished as **administrative offences**, attracting **finances of up to 25,000 euros** in some cases!

You can find additional information – including how to protect against infection – at www.zusammengegenercorona.de



Important facts about the novel coronavirus

The novel coronavirus is spreading globally. The virus can be transmitted by droplets, but also through aerosols. Aerosols are tiny respiratory particles that are released especially by talking loudly or singing. They can remain suspended in the air over a longer period and transmit the virus. Rooms that are used by several people should therefore be aired regularly. Smear infections also play a role. The virus can be transferred indirectly via the hands, from contaminated surfaces to the mucous membranes of the mouth, the nose or the eyes.

The virus causes a respiratory infection. Apart from cases of asymptomatic or mild illness, symptoms that may occur include fever, cough, breathing difficulties or shortness of breath, as well as headache and muscle soreness. In severe cases, pneumonia may develop.

Older people and those with a chronic illness are especially at risk. In most cases, symptoms are markedly milder among children. At this time, it is assumed that up to 14 days may pass between infection and the onset of symptoms.

Only a laboratory test can confirm whether a person has been infected with the novel coronavirus.

Have I got the novel coronavirus?

If you notice you are having symptoms, or if you had contact with a person who has been confirmed to have the novel coronavirus:

- If you have symptoms, please call your doctor. If she/he is unavailable, please contact the on-call medical service by dialling 116 117. In an emergency, please call 112.
- If you had contact with an infected person, but don't have symptoms yourself, please inform the responsible local public health authority (Gesundheitsamt)*.

- Tell the doctor if you have, for example, existing conditions such as high blood pressure, diabetes, cardiovascular disease, chronic respiratory illness, or if you have a disease or are taking a treatment that lowers the immune system.
- Find out who to contact and what precautions you have to take so that you don't infect others.
- Please do not go to your doctor's practice without making an appointment. This way you are protecting yourself and others!
- Avoid unnecessary contact with other people and stay at home as much as possible.

Is there a vaccine?

There is not yet a vaccine against the novel coronavirus. Every effort is being made to make a vaccine available.

Do other vaccinations help?

Vaccinations against other respiratory diseases do not protect against the novel coronavirus. However, they can prevent other respiratory infections (influenza, pneumococcal pneumonia) and thus contribute to reducing the burden on the health system.

* You can find your local public health authority at www.rki.de/mein-gesundheitsamt

If you have symptoms, contact your doctor. If unavailable, contact the on-call medical service. It is available throughout Germany by dialling 116 117, including at night, at weekends and on public holidays.

Are imported goods contagious?

There is no known risk from goods, mail items or luggage. Objects in the immediate vicinity of sick people must be kept clean.

Is wearing a face covering necessary?

There are situations where the recommended 1.5 meters of social distancing cannot be maintained. In these cases, wearing a non-medical mouth and nose covering, also called face covering or everyday face mask, may help to contain the spread of SARS-CoV-2.

Federal states have issued regulations regarding the wearing of face coverings while shopping and on public transport. Regulations may differ and adjustments may be made on a regional basis. Please check the rules that are currently in force where you are.

Important: face coverings must fit well and must be changed when they have become damp. Damp coverings do not provide a barrier to viruses.

Social distancing always applies, whether you are wearing a face covering or not: keep at least 1.5 meters apart from others, practice good hand hygiene and observe cough and sneeze etiquette.

Is it necessary to use disinfectants?

Regular and thorough hand washing is usually sufficient. If hand washing is not possible, hand disinfection may be sensible.

What should I watch out for in a shared accommodation facility?

Are you noticing that you are having symptoms, or have you had contact with a person who has been confirmed to have the novel coronavirus? If you live in a shared accommodation facility, let management or social services know. Also inform your school, language school, the place where you are being trained or work etc.

When are quarantine measures necessary?

If you have been confirmed to have coronavirus infection or if you had close contact with someone who is infected. If the public health authority orders you to be quarantined. If you are entering Germany from a risk area and cannot provide proof of a negative test result. Please also read the information provided on this topic on page 4.

How long does quarantine last?

The duration of quarantine will be determined by the public health authority (Gesundheitsamt). In most cases, it will last for two weeks.

This reflects the maximum incubation period, which is the time between a possible infection with the novel coronavirus and the appearance of symptoms.

If quarantine has been mandated, you will be informed by the respective public health authority about what you have to do, for example if symptoms appear, and about other instructions you have to follow. For example, you might be ordered to take your body temperature at regular intervals.

What should I keep in mind when quarantined at home?

- Avoid close contact with others in your household.
- Ask family members, acquaintances or friends for help with shopping, which should then be left outside your door.
- Make sure to air your apartment or house regularly.
- Cutlery, crockery and personal hygiene items should not be shared with other family members or people living in the household. Utensils and dishes must be washed regularly and thoroughly. This also applies to clothing.
- Contact your general practitioner or specialist if you urgently need medication or medical treatment.
- Inform your doctor if you have a cough, runny nose, shortness of breath or fever.

Where can I find further information?



With the corona alert app (Corona-Warn-App), you can be informed anonymously and quickly if you have been in the vicinity of an infected person.

The app is available for download free of charge from the [app store](#) or from [Google Play](#).

Your local public health authority (Gesundheitsamt) offers information and assistance. You can find the telephone number of your local public health authority at: www.rki.de/mein-gesundheitsamt

The Federal Ministry of Health (BMG) offers centrally collated information about the novel coronavirus at: www.zusammengegencorona.de

Citizen's Services Line: **030 346 465 100**

Advice for people with hearing loss:

Fax: **030 340 60 66-07**,

info.deaf@bmg.bund.de

info.gehoerlos@bmg.bund.de

Sign language video telephone:

www.gebaerdentelefon.de/bmg

The Robert Koch-Institute (RKI) provides information about the novel coronavirus on its website: www.rki.de/DE/Home/homepage_node.html

The Federal Center for Health Education (BZgA) has compiled answers to frequently asked questions about the novel coronavirus at: www.infektionsschutz.de


The Office of Foreign Affairs provides safety information for travellers to affected regions: www.auswaertiges-amt.de/de/ReiseUndSicherheit


The World Health Organization (WHO) provides information on the global situation: www.who.int


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
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