

## Facts and information Covid19

Status: 25 January 2021

### What needs to be done?

#### You need to stay at home!

Unless

- ✓ you need to go to work or participate in a training course.
- ✓ you need to go shopping, to the pharmacy, to the cash dispenser, etc.
- ✓ you are helping someone who needs help.
- ✓ you alone meet individuals, whom you see more often during the week (e.g. a good friend or a family member).
- ✓ you want to go for a short walk or do exercise.
- ✓ you are in danger in your home (fire, threats, etc).
- ✓ you need to see a doctor, physio- or psychotherapist.
- ✓ you need to go to an authority or have a court appointment.

### What else is to be considered?

- ✓ When outside keep a distance of at least two metres to strangers. 
- ✓ You need to keep a distance of two metres in public, closed spaces (official institutions, banks, shops, etc). You must wear a FFP2-mask, this also applies to children from the age of 14. 
- ✓ You need to wear a FFP2-mask in buses, tramways, trains, railway stations, at bus stops. Children between the age of 6 and 14 need to wear a normal mask . 
- ✓ Parks and playgrounds are open.
- ✗ Swimming pools, gyms, sporting facilities are closed.
- ✗ Theatres, museums, cinemas, stores and hairdressers are closed.
- ✗ Cafés and pubs are closed.



The police can impose heavy fines if you do not respect the prohibitions.

**!!** If you have questions about the lockdown-regulations call ZEBRA's legal advice service   
0316/835630

### How do you protect yourself against the coronavirus?

- ✗ No shaking hands, no hugs, no kisses
- ✗ No meeting with people who cough and/or sneeze
- ✓ Wash your hands with soap frequently
- ✓ Cover your mouth with your elbow when sneezing or coughing
- ✓ Wear FFP2-mouth-nose-protection and keep at least 2 metres distance from other people

**Who can help if you are ill?**

- ✓ In case of fever or cough: Call your general practitioner!
- ✓ When you have symptoms of the coronavirus (fever, cough, shortness of breath, breathing difficulties) ☎ : 1450/health information number
- ✓ General information on the coronavirus ☎ : 0800 555 621 /AGES