

## Important Informationen regarding the coronavirus

### **1. How do you catch coronavirus?**

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

### **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. It is very similar to flu. Some people also get diarrhoea. Some patients are worse off 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 there are already people 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 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 tissue, which you then immediately dispose of in a rubbish bin. Wash your hands often and thoroughly (especially after using the toilet and before preparing food).

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

If you 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 line may be busy if a large number of people are calling at the same time. In this case, please call the Federal Ministry of Health (Bundesministerium für Gesundheit) on 030 346 465 100. Advice on this line is only available in German.

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.

### **6. How is the coronavirus affecting public life?**

The federal government has decided the following regarding the coronavirus:

- Many stores will remain closed. This does not apply to shops that sell important items of daily life, such as supermarkets. These will remain open.
- All sports facilities, including gyms, swimming pools and playgrounds, will remain closed.
- Bars, clubs, discos, pubs, theatres, operas, concert halls and museums, exhibitions, cinemas, amusement parks and zoos, amusement arcades, betting shops and brothels remain closed.
- Restaurants may only be open between 6 and 18 o'clock.
- Religious gatherings - for example services in churches, mosques, synagogues or prayer houses of other religions - are no longer permitted until further notice.
- Holiday trips at home and abroad may no longer take place. Hotels may only rent rooms for important, non-touristic reasons.

The state government of Baden-Württemberg has decided the following because of the

coronavirus:

- Kindergartens, day care centers and schools are to be closed until the Easter holidays ending on April 18th.
- No visits to hospitals, apart from essential exceptions / Visits to old people's and nursing homes will be reduced and limited to a minimum.
- Public events with more than 100 participants in closed rooms are prohibited. Furthermore, the recommendation applies to cancel all events that are not absolutely necessary.
- All non-essential social contacts must be kept to a minimum. Much has already been achieved if everyone maintains only half of their usual contacts.
- Grandparents should not be asked to take care of children, as children are often carriers of the virus, even if they themselves only rarely have symptoms.
- Employers should allow their employees to work from home or use the opportunity to reduce overtime.
- The basic rule is: only do what is absolutely necessary. Stay in as much as possible in the coming weeks.

### **7. Can I still attend appointments with the authorities?**

In many areas, public buildings and local authorities are no longer open to the public or only to a limited extent. If you have an appointment or an urgent matter that can't wait, you should contact the authorities beforehand - for example, by telephone or by looking at the website.

### **8. What does domestic quarantine mean?**

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.

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 will make on the home management in this case. For example, you can ask for free WLAN access in the accommodation. You can also talk to the operator about how the food supply should look if quarantine occurs.

**General telephone hotline on the subject of corona virus in Bremen: 0421 115**

**You can find regular updates in english at:**

<https://handbookgermany.de/en/live/coronavirus.html>