



Bundesministerium  
für Gesundheit

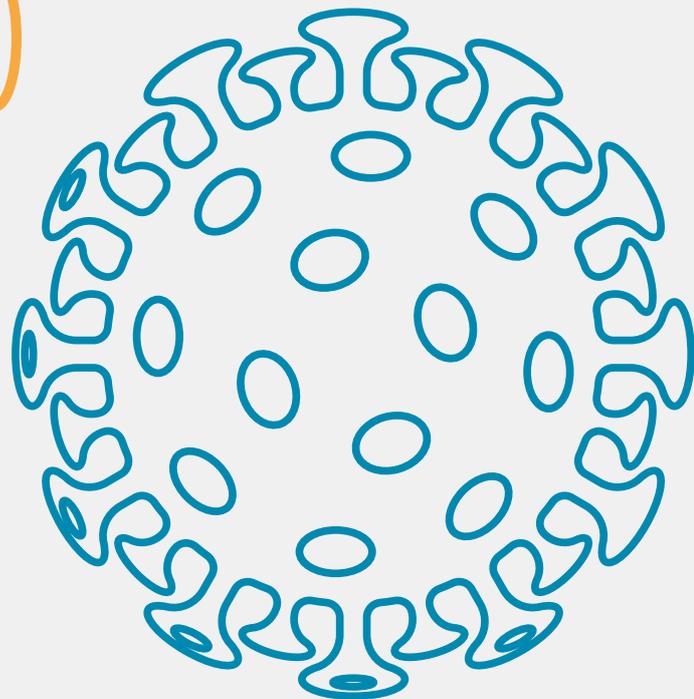
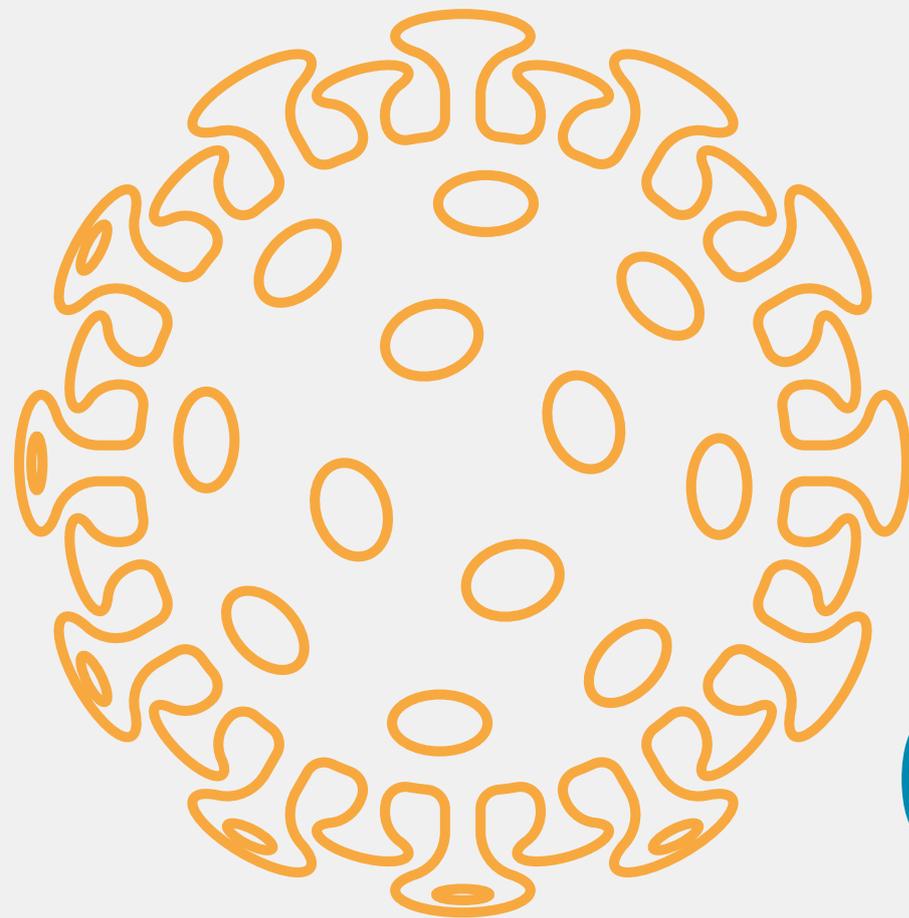


*Ethno-  
Medizinisches  
Zentrum* e.V.



# Novel Coronavirus SARS-CoV-2

Information and practical advice

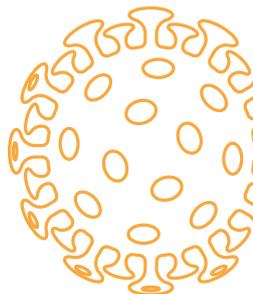
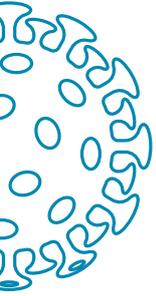


**Zusammen  
gegen Corona**



# 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.

# 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](http://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.

**You can find information about what you have to do when entering Germany at [www.bundesgesundheitsministerium.de/coronavirus-info-sheet](http://www.bundesgesundheitsministerium.de/coronavirus-info-sheet)**

## 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](http://www.rki.de/mein-gesundheitsamt)

**The Federal Ministry of Health (BMG)** offers centrally collated information about the novel coronavirus at: [www.zusammengegencorona.de](http://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](mailto:info.deaf@bmg.bund.de)

[info.gehoerlos@bmg.bund.de](mailto:info.gehoerlos@bmg.bund.de)

Sign language video telephone:

[www.gebaerdentelefon.de/bmg](http://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](http://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](http://www.infektionsschutz.de)

**The Office of Foreign Affairs** provides safety information for travellers to affected regions: [www.auswaertiges-amt.de/de/ReiseUndSicherheit](http://www.auswaertiges-amt.de/de/ReiseUndSicherheit)

**The World Health Organization (WHO)** provides information on the global situation: [www.who.int](http://www.who.int)

## Impressum (Legal notice)

### Herausgeber (Published by)

Federal Ministry of Health (BMG)  
Public Relations and Publications Office  
11055 Berlin  
[www.bundesgesundheitsministerium.de](http://www.bundesgesundheitsministerium.de)

bmg.bund

bmg\_bund

BMGesundheit

bundesgesundheitsministerium

Ethno-Medical Centre Inc. Germany (EMZ e.V.), 30175 Hannover

Current at September 2020

Layout eindruck.net, 30175 Hannover

**Cover image** Scholz & Friends Berlin GmbH, 10178 Berlin,  
**Pictograms** Bundeszentrale für gesundheitliche Aufklärung (BZgA), 50825 Köln

### Mail order service

Federal Government Publication Office  
Postfach 48 10 09, 18132 Rostock  
Service Phone: 030 182722721  
Service Fax: 030 18102722721  
Email: [publikationen@bundesregierung.de](mailto:publikationen@bundesregierung.de)  
Mail order service via sign language telephony:  
[gebaerdentelefon@sip.bundesregierung.de](mailto:gebaerdentelefon@sip.bundesregierung.de)

**Online mail order service** [www.bundesregierung.de/publikationen](http://www.bundesregierung.de/publikationen)

You can also find **further Federal Government publications** for download and mail order at: [www.bundesregierung.de/publikationen](http://www.bundesregierung.de/publikationen)

**Bestellnummer (Order Number)** BMG-G-11099e

### URL Links

The content of any external pages for which links are provided here is the responsibility of the respective provider.

This publication is provided free of charge as part of public relations of the Federal Ministry of Health. It must not be used by political parties or electioneers or election campaign assistants for the purposes of political promotion during election campaigns. This applies to European, Federal Parliamentary, State Parliamentary and Local Government elections.