

Information regarding the coronavirus

We all have to help in the next few weeks to stop the spread of the coronavirus (COVID-19).

1. For the state of Brandenburg, the state government has therefore decided:

➔ All facilities that are not essential for the supply will be closed. Service companies in the field of personal hygiene (e.g. hairdressers and beauty salons) must be closed. Also catering trade enterprises are to remain closed. However, the delivery and collection of take-away food for consumption at home will remain permitted. Supermarkets and shops for food and beverages will remain open, as will weekly markets.

Further facilities that remain open are:

- pharmacies
- drugstores
- petrol stations
- banks
- post offices
- cleaning facilities and laundries
- do-it-yourself stores
- doctors and hospitals
- sanitary supplies stores
- newspapers

➔ accumulations of more than two people are generally prohibited. Excluded are families and people living in a household.

➔ The contact between strangers must be reduced to an absolute minimum. In public, a distance of 1.50 metres must be maintained between strangers - No more than 10 people may be in waiting areas at any time.

➔ Entering public places (e.g. paths, streets, squares, public traffic and parks) is prohibited until midnight on 5 April 2020.

➔ Public places may only be entered for the following purposes:

- shopping or other errands necessary for personal supply
- visits to doctors and medical treatment
- visits to psychotherapists or physiotherapists if they are medically urgently needed
- visits to life partners, elderly or sick people
- accompanying persons in need of support and children
- accompanying dying people from the immediate family circle and funerals
- sports and exercise in the fresh air (preferably alone or in pairs or with members of one's own household)
- for urgently needed appointments with authorities, courts or lawyers.

This also applies to picking up cash cheques and cash benefits from the social service!

2 How can I become infected with the virus?

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

3. What can I do to avoid infecting myself or others with the virus?

- Wash your hands regularly and thoroughly (also children and teenagers)
- Cough and sneeze only into a handkerchief or the crook of your arm (also children and teenagers)
- Do not touch your face with your hands
- Clean your room/accommodation regularly
- Do not share dishes and cutlery with other people
- Minimize personal contact as much as possible. This applies both publicly and privately
- Keep physical contact to a minimum (avoid shaking hands, kissing on the cheek and hugging for the next few weeks)
- Keep at least 1.5 metres away from other people when shopping or using public transport

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

If you have the Corona virus, you will get cough, a cold, a scratchy throat and fever, for example. It is very similar to a flu. Some people also get diarrhea. Some people get worse than others; they get breathing problems or pneumonia.

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

5. What should I do if I have signs of illness?

Do not go to the doctor! Please contact the responsible home management or the staff of the Migration Social Work.

They will get in touch with the responsible authorities.

If you speak German, please call

- your family doctor
- or dial 116117 (telephone number of the medical on-call service).

6. Why am I not allowed to leave my room/accommodation/apartment?

If you are infected or suspected to be infected, you are in quarantine or isolation. As long as you are contagious for other people, special rules apply to you to protect other people. It is not allowed to leave the isolation area for a while without permission from the management of the accommodation. You will be provided with everything necessary in your room.