

Corona prevention rules in Germany

A = Abstand = Distance

H = Hygiene = Hygiene

A = Alltagsmaske = Everyday-mask

L = Lüften = Ventilation / airing

A = Abstand = Distance

Please keep a distance of 1.5 m, no matter where.

Please no hand greeting or hugs, no matter with whom.

In the event of symptoms and uncertainty, please stay at home, contact your doctor and health department and follow instructions.

H = Hygiene

Please use a handkerchief to sneeze. If that doesn't work, please sneeze into the crook of your arm. Please wash your hands regularly, as often as possible (before / after preparing food, returning home, toilet). You can wash your hands thoroughly in five steps: Hold your hands under running water. Then soap your hands all around. Rub the soap gently into all areas and take 20 to 30 seconds to do this. Then rinse your hands off. Dry your hands carefully. Avoid touching your mouth, nose, or eyes with your hands.

A = Alltagsmaske = Everyday-mask

Cover your mouth and nose with a mask if you cannot safely keep the minimum distance of 1.5 meters to others in public spaces. This applies to both leisure and work and is particularly important in closed rooms. In certain public areas, such as public transport and when shopping, a face-to-face mask is mandatory. Please note the details and other provisions that apply in the federal state you currently are. In addition please respect the regulations of individual facilities and businesses, such as Doctor's offices, restaurants or hairdressers.

L = Lüften = Ventilation

Ventilate closed rooms several times a day for a few minutes. Cross ventilation (draft) with wide open windows is best. Proper ventilation of indoor spaces - such as offices and apartments - can help reduce the risk of contracting the SARS-CoV-2 coronavirus via aerosols. Thus it is recommended to ventilate the room for 10 to 15 minutes. In summer 20 to 30 minutes, while in winter five minutes can be sufficient if there are large temperature differences. If there are many people in the room, you should ventilate regularly and thoroughly during the meeting.

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