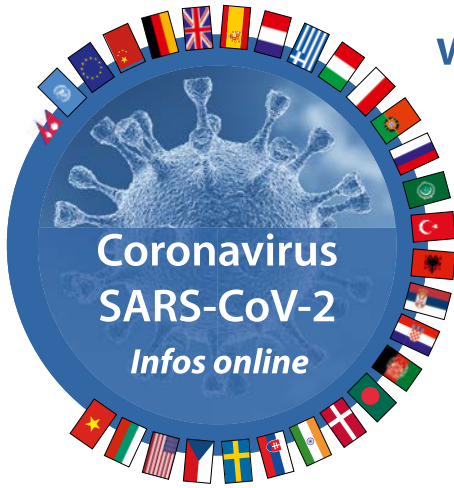
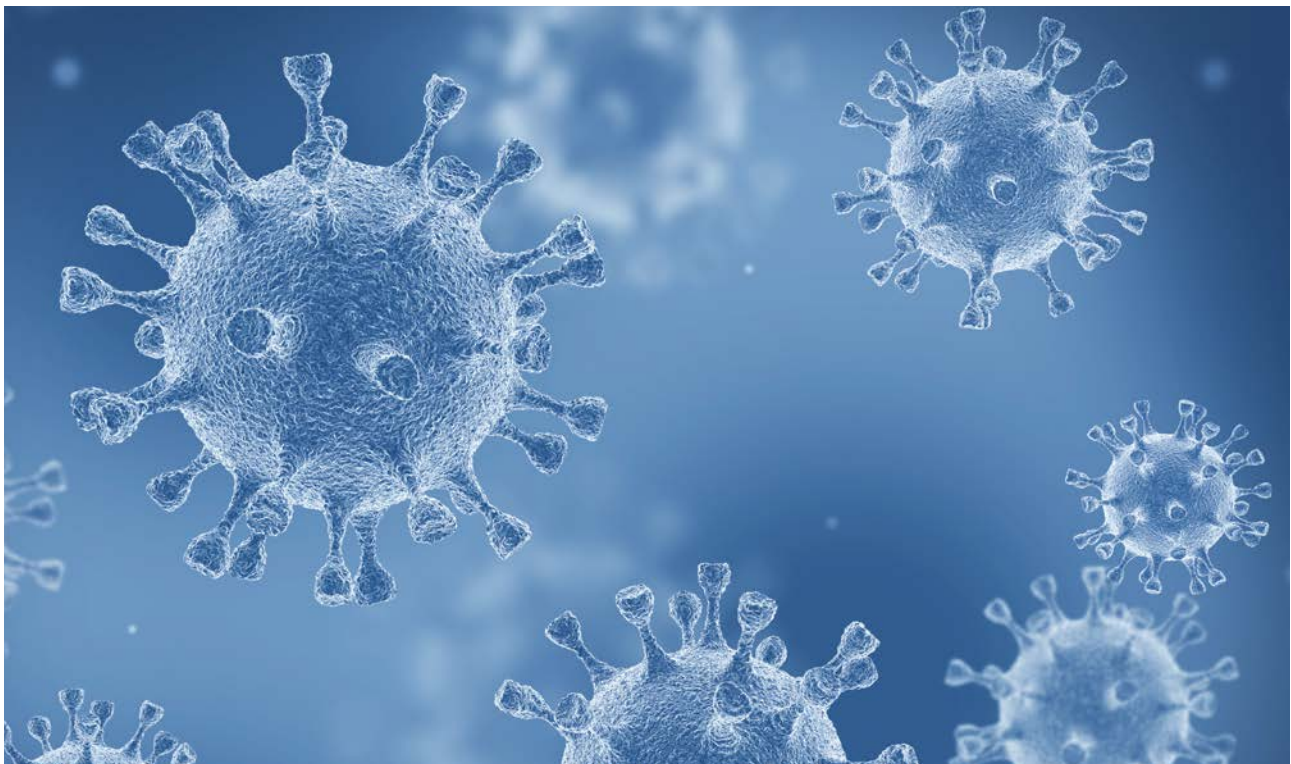


[www.covid-information.org](http://www.covid-information.org)



# Coronavirus SARS-CoV-2

Information and practical advice



Version for Germany

English/English



## Act safely and respectfully!

- 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.
- Also refer to the latest information from the World Health Organization (WHO). The WHO offers current and reliable information, some of it also available in a range of languages.
- 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).
- Please also consider your actions in order to **protect the health of the medical and care personnel**.  
They are the heroines and heroes who are risking their own health to protect us from the infection and to provide our medical care.
- **We kindly ask those affected or already ill with COVID-19** to follow the instructions of medical and care personnel.
- Please make sure you comply with all the latest **instructions and notices** issued by the respective national and local authorities.

**Stay healthy!**

## How can I best protect myself?

Social distancing + hygiene + face covering: The following main protective measures are simple and very effective! Protective hygiene rules when coughing or sneezing, hand washing and keeping a distance should become habitual. Also educate your family, friends and acquaintances about these protection 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. Use liquid soap if available. 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. If unavailable, it is recommended to carry your own handkerchief for this purpose. In public toilets, close the tap with a disposable towel or your handkerchief, 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 and those with pre-existing health conditions.
- Please stay informed about current restrictions in your state (federal states/Bundesländer) 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

Its official name is 'SARS-CoV-2'. The respiratory disease that it causes is called 'COVID-19'.

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.

## Are there any risks of transmission to the baby during pregnancy?

Transmission to the baby during pregnancy and childbirth is extremely rare. Nevertheless, if the mother is infected, the virus can be transmitted to the newborn.

There is no evidence that a mother's coronavirus infection or COVID-19 illness damages the unborn child or leads to miscarriages.

## 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. These include influenza and pneumococcal pneumonia. Other vaccinations can therefore help avoid double infections.

## 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.

## Have I got the 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 your 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.**

**\* 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.**

## 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.

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.

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?

Have you arrived from a risk area, are you noticing that you are having symptoms, or have you had contact with a person who has been confirmed to have 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. If you had close contact with someone who is infected. If the responsible public 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. If the illness is mild, quarantine currently lasts for two weeks in most cases. You must stay at home during this time. This also applies to individuals who were in close contact with the person who is ill.

Two weeks also corresponds to the time from possible infection with the novel coronavirus SARS-CoV-2 until the onset of symptoms or confirmation of the virus in a throat swab.

If quarantine is imposed, you will be informed by the responsible health authority about what to do if, for example, symptoms appear. Such as whether you need to check your body temperature, or when quarantine will be lifted.

## 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.
- Contact local support services if you need help looking after your children.

## An exceptional situation for the whole family

For many people, crisis situations such as the current coronavirus pandemic trigger existential fears about health, the family, and job security.

Family conflicts and arguments between parents and children, but also between partners may become more frequent or more intense.

### Here is what you can do about it:

- Address problems early and look for solutions together.
- Talk with another person on the phone about how you are doing.
- Go out to get some fresh air by yourself, e.g. take a walk or a bike ride.
- Discuss each person's wishes and needs regularly as a family. Make sure you also take your children seriously in these discussions.
- The best way to get through this time is for all of us to be patient with ourselves and with others, and to realise that everyone is finding this state of emergency difficult to handle.

At the same time, it is important not to lose sight of the positives, and to make good use of the increased amount of time you are now spending with your children.

### You can support your children:

- By setting up a daily schedule, with fixed times for learning, playing, eating and sleeping. It can help to write down a plan for the whole week and put it up for everyone to see.
- By talking to your children about their fears and feelings. Listen patiently, even if your children repeat themselves.
- By explaining the ban on social contact in age-appropriate language, e.g. why they can't visit their grandparents or friends.
- By making sure that you limit the amount of media reporting that your children are exposed to, or by using age-appropriate information sources.
- By ensuring that your children can let off steam outside in the fresh air.
- Try to consciously notice what your children are doing well, and praise them for it.



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](#).

## Where can I find further information?

### Your local public health authority

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 State Minister and Federal Commissioner for Migration, Refugees and Integration

provides information in up to 22 languages:

[www.integrationsbeauftragte.de/corona-virus](http://www.integrationsbeauftragte.de/corona-virus)

### 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 Federal Association of Statutory Health Insurance Physicians (KBV)

offers comprehensive services for patients:

[www.116117.de/de/coronavirus.php](http://www.116117.de/de/coronavirus.php)

### The World Health Organization (WHO)

provides information on the global situation:

[www.who.int](http://www.who.int)

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[www.mimi.bayern](http://www.mimi.bayern)

### Die COVID Alliance International

wurde durch das Ethno-Medizinische Zentrum Deutschland (EMZ e.V.) gegründet. Wir bieten aktuelle, zuverlässige und genaue Informationen über Gesundheit, Hygiene, Sicherheit und Aufklärung zur Coronavirus Pandemie an.

Unser Ziel ist es, Einheimische, Reisende, Migranten, Flüchtlinge und Personen ohne Papiere mit Informationen in mehr als 40 Sprachen zu unterstützen. Alle Informationen werden von Expert\*innen aus Universitäten, Gesundheitsämtern und staatlichen Behörden geprüft.

### The COVID Alliance International

was founded by the Ethno-Medical Center Germany (EMZ e.V.). We provide current, reliable and accurate information about health, hygiene, safety and education about the coronavirus pandemic.

Our goal is to support locals, travelers, migrants, refugees and undocumented people with information in more than 40 languages. All information is checked by experts from universities, health authorities and state authorities.

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