Can I still "go out among people", that is go to parks, meet other people?

On 22 March 2020, the German government, together with the German states, decided on further measures to slow down the spread of the coronavirus. Most of the measures were already in effect in Baden-Württemberg and hence also in Heidelberg.

What is new is a far-reaching ban on contact. In future, gatherings of more than two people are forbidden in public.

Families or people who live together in one household can continue to go out on the street together.

Anyone moving in a public space must keep a minimum distance of 1.5 metres from other people.

Basically, you should only leave the house when necessary. Going to work, providing emergency care, shopping, visits to the doctor, participation in meetings, necessary appointments and examinations, help for others or individual sports and exercise in the fresh air as well as other necessary activities are still possible.

Outside public areas, events and other gatherings of more than five people at a time are prohibited. This applies in particular to gatherings in clubs and other sports and recreational facilities as well as gatherings to take advantage of offers in adult education centres, music schools and other public and private educational institutions in the non-formal education sector.

What should I do as a family?

Stay at home whenever possible. And keep to yourself even when you go out for a walk. A walk is still allowed for larger families, of course. Avoid direct contact with other people who do not live in your home. Do not meet with grandparents, other relatives or friends. Grandparents in particular are among the risk groups and must be protected by avoiding direct contact. Use the telephone to contact them.

Will schools and daycare centres remain open?

No. The Baden-Württemberg Ministry of Education and Cultural Affairs has decided that all schools and daycare centres in the state will remain closed from Tuesday, 17 March, until the end of the Easter holidays on Sunday, 19 April. This applies to all institutions, i.e. private and public schools, municipal daycare centres as well as independent institutions. Pupils must stay away from classes and any other events during this period. In Heidelberg, 54 schools and around 140 daycare centres are affected. To prevent infections, it is also not possible to maintain general emergency services for schoolchildren or children in daycare centres. The start of all central final school examinations (grammar schools, secondary modern schools, secondary technical schools, general secondary schools, vocational schools) has been postponed by the Baden-Württemberg Ministry of Education and Cultural Affairs until 18 May 2020.
Emergency childcare is provided for children in daycare centres, children in private daycare and school children up to and including grade 6. The prerequisite for this emergency care is that the children's guardians are working in critical infrastructures and are therefore needed at their workplaces.

**Who can I turn to if I have questions?**

The public health department of the Rhein-Neckar District has set up a telephone hotline. The public health department is also responsible for Heidelberg. If you have questions, you can call the hotline at 06221 522-1881 from Monday to Sunday between 7.30 a.m. and 9 p.m. Starting Saturday, March 14, the hotline will only be available until 7 p.m. in the evening. For more information, go to www.rhein-neckar-kreis.de.

The State Health Authority has also set up a citizen hotline for the corona virus at 0711 904-39555 (9 a.m. to 4 p.m.). Online information is available there at www.gesundheitsamt-bw.de.

An information hotline of the city of Heidelberg on the Corona virus is under construction and can be reached at 06221 321 8212.

The Robert Koch Institute provides up-to-date information on its website: www.rki.de. The Robert Koch Institute is the central institution of the Federal Government in the field of disease monitoring and prevention.

Further information and recommendations on the coronavirus are available under "Frequently Asked Questions and Answers" from both the Robert Koch Institute and the State Health Authority or on the website of the Federal Centre for Health Education.

**What should I do in view of the Corona cases Baden-Württemberg?**

Basically, people are asked to avoid all social contacts as far as possible. All citizens are called upon to help ensure that the virus does not spread more quickly. This includes changing everyday habits. The protection of elderly people is particularly important.

Please take note of the following behavioural guidelines from the health authorities:

- Wash your hands. Hands are the most common transmitters of contagious infectious diseases. Therefore: Wash your hands regularly and thoroughly (at least 20 to 30 seconds), then dry them carefully. More important than the water temperature is the duration of hand washing and the thorough soaping of the hands.

- Avoid touching your face.

- Observe common etiquette when coughing and sneezing. Simple hygiene rules protect others from infection: When sneezing and coughing, do not hold your hand in front of your mouth and nose, but sneeze and cough into the crook of your arm or, even better, into a handkerchief. Keep a distance of at least one meter from other people and turn away. Then wash your hands thoroughly.
- Avoid shaking hands or hugging someone.
- Keep your distance from sick people. Avoid close physical contact, wash your hands thoroughly after contact with sick people and refrain from shaking hands in case of illness.
- The public health department recommends that you consult with your employer regarding the possibility of minimizing the risk of infection, also in relation to the flu epidemic, by working from home, for example.

I have flu symptoms. What should I do?

The public health department recommends the following: In case of flu symptoms, such as cough, fever or cold, you should take care to keep away from others, if possible. If possible, the illness should be cured at home. If the symptoms are considered mild to moderate, a visit to the doctor should be avoided, if possible. If you have to visit a doctor's office, you should only do so after prior notice by telephone.

What should I do if I fear that I have been infected with the coronavirus?

If you suspect that you have been infected with the Corona virus, you can call the hotline of the Rhine-Neckar Public Health Department at 06221 522-1881 from Monday to Sunday between 7.30 a.m. and 9.00 p.m. Starting Saturday, March 14, the hotline will only be available until 7 p.m. in the evening. You will also find answers and information here on questions regarding symptoms and incubation period or how to protect yourself from infection. In addition, the hotline also provides advice who should get tested for the virus, and when. In case of a medical emergency, a doctor, an emergency service or an emergency department should only be visited after prior notice by telephone.

Will schools and daycare centres remain open?

No. The Baden-Württemberg Ministry of Education and Cultural Affairs has decided that all schools and day-care centres in the state will be closed from Tuesday, March 17, until the end of the Easter holidays on Sunday, April 19. This applies to all institutions, i.e. private and public schools, municipal daycare centres as well as independent institutions. In Heidelberg, 54 schools and around 140 daycare centres are affected. To prevent infections, it is also not possible to maintain general emergency services for schoolchildren or day care centres.

The Baden-Württemberg Ministry of Science has also postponed the beginning of the summer semester at all universities and colleges throughout the state until after Easter.