

# Corona-virus

## Instructions domestic quarantine

**Important contacts: Citizen's telephone at health department district Vechta - Telephone: 04441 - 898 - 3333**

Accessibility: Mondays to Thursdays from 8 a.m. to 4 p.m. and Fridays from 8 a.m. to 12.30 a.m.



### Why do you have to stay at home?

- The quarantine is for your own protection and the protection of other people in your surroundings.
- You have to stay in quarantine if you:
  - had contact with an infected person
  - after your entry from a risk area and a respiratory disease
- The health department determines who comes in quarantine.
- The duration lasts 14 days.

**Inform your doctor and employer by phone, if they are not informed yet.**

**Avoid personal contact with others and do not leave the house.**



### What are your obligations?

- Do not leave the house.
- Measure body temperature regularly.
- Write a diary about your symptoms.
- Make a list of the people you had close personal contact with in the past 14 days.
- Have deliveries (e.g. groceries) put down at your doorstep.
- If your pets have to go outside, have them taken over by friends.



### How do you get medical care?

- You might get medical care by your doctor after arrangements by phone.
- The health department will contact you regularly. If it is necessary they will take care of further measures.



### How can you be supplied with food?

- Befriended people (family, neighbours etc.) can supply you with food and other things.
- If there are any problems the health department will help you.



### How do you wash your hands properly?

- Wash your hands regularly and use soap.
- Keep your hands away from your face.



### How do you sneeze or cough properly?

- Use a tissue or your armpit.
- Keep away from people.
- Protect wounds with bandages or plasters.



### How do you keep your home hygienically clean?

- Clean up your kitchen and bathroom regularly.
- Wash your dishes and your clothes hot.
- Ventilate regularly.

### Who orders the Quarantine?

In Germany, the order of quarantine is regulated in the infection protection law (IfSG) and it is imposed by the health department.

### What does it mean for my employment?

Employees who cannot work during the ordered quarantine usually have a right to financial compensation. If you have any questions, please feel free to contact the responsible health department.

### How can you deal with the quarantine?



You could phone or skype with friends and family.



You could watch TV or use Streaming-services.



You could do sports at home.



You could read books or magazines.



You could relax and sleep.



You could browse the internet.