

Dear parents,

this situation has never happened before and is new for everyone. People may feel overwhelmed and have many questions. With this information sheet, we would like to give you some answers. The Corona-virus is spreading quickly. Our most important aim is: to keep as many people as possible healthy. That is why people with Corona have to go into quarantine to protect others..



What does quarantine mean exactly?

1. Everyone in your household: stay at home and do not go outside.
2. No contact with other people who are not part of your household.



Which laws apply for quarantine?

The quarantine-rules are written in the German infection protection Act. By scanning this QR Code, you can find the website www.infektionsschutz.de with the laws in different languages.

Film with information

Scan this QR-Code to get more information about what to do when you think you might have Covid-19, about quarantine and personal contacts!



The health department (Gesundheitsamt) can order a quarantine and decides how long the quarantine lasts. Affected people must follow those orders.

For some people, quarantine is difficult. People might get lonely, start to worry or be afraid. Try to make quarantine easy for yourself!.

Tips for making quarantine easier

Try something new!
 Get things done, that you never had time for before.
 Establish a routine (especially with children).
 Keep in touch with your friends and family on the telephone!
 Ask friends or neighbours to do your grocery-shopping for you.
 Exercise!

And if this doesn't help?

Call this number for professional emotional Corona-support (between 8 am and 12 pm):
030 403 665 885