KREIS
VIERSEN

KI Kommunales
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Kreis Viersen

Recommended Behavior to protect against the Corona Virus

How you can protect yourself and others

Private Environment and Family Life

- Stay as long as possible at home. Reduce especially the private meetings with elder, very old or chronically ill people for their own protection. Instead, use more the contact via telefon, email, chats etc.

- Pay attention to the visiting rules of hospitals and other care facilities.

- Air all common rooms regularly and avoid contacts as handshaking or hugs.

- If someone in your household is sick, make sure that you are spatially separated and take a sufficient distance from the other household members.

- Do not shop at peak times, but when the shops are less crowded or use pick-up and delivery services instead.

- Help those who need help! Provide elderly, very old, chronically ill relatives or neighbours, as well as single people who are in need of help with food and everyday necessities.

Public Transport and Travel

- If possible, do not use public transport, but prefer cycling, walking or driving your own car instead.

- Avoid traveling if possible - even within Germany. Many borders are closed and air traffic is restricted.

Professional Environment

- If possible, work from home - in agreement with the employer. Keep meetings small and short and in a well ventilated area.

- Keep a distance of 1 to 2 meters to other people and try to avoid touching them personally.

- Take your meals alone if possible (for example in the office).

- Stay at home when you are sick and cure yourself to get better.

Public Life

- Avoid crowds (for example shopping centers, etc.)

- Only visit public facilities if absolutely necessary, such as e.g. offices, administrations and authorities.

- Avoid larger private celebrations if possible and otherwise follow the hygienic rules consistently.

The General Rule is: protect yourself and others!

- Follow the rules of coughing and sneezing and wash your hands regularly.

- If stays or contacts in the public space are necessary, make sure to keep your distance from others. This is especially necessary for visibly sick people, particularly with respiratory infections.

- If you are sick, you should not leave the house if possible. If necessary, contact your doctor (via call) and make an appointment.