

TIPS FOR PROTECTION AGAINST THE CORONAVIRUS

GENERAL RULES

- Follow the rules for coughing and sneezing and wash your hands regularly with soap (for at least 20 seconds).
- Keep a distance of 1-2 meters from other people in public places.
- If necessary, contact your doctor by telephone and make an appointment.

PRIVATE ENVIRONMENT AND FAMILY LIFE

- Stay home as much as possible. Restrict especially personal encounters with elderly and chronically ill people for their protection. Instead, communicate by phone, e-mail or chat.
- Observe the visiting regulations for hospitals and nursing homes.
- Ventilate your living space regularly and avoid touching, such as shaking hands or hugging.
- If someone in your household is ill, keep them apart and keep them away from other household members.
- Do not shop during rush hours, but when the shops are less crowded or use pick-up and delivery services. Hoarding is not necessary.
- Help those who need help! Provide elderly, chronically ill relatives or neighbours, singles and needy people with food and daily necessities. Observe the tandem principle. When you help people who need support, keep your other social contacts to a minimum.

PUBLIC TRANSPORT AND TRAVEL

- Do not use public transport if possible. Instead, it is better to travel by bicycle, your own car or on foot.
- Avoid travelling as far as possible - even within Germany. Many borders are closed and air travel is limited.

PROFESSIONAL ENVIRONMENT

- Work from home, if possible in consultation with the employer.
- Keep meetings small and short and in a well ventilated room. Consider video conferencing instead of meetings.
- Keep a distance of 1 to 2 metres from other people and avoid personal contact.
- Take meals alone if possible (e.g. in the office). Stay at home when you feel ill and get well!

PUBLIC LIFE

- Avoid crowds (e.g. shopping centres)
- Visit public institutions only as far as absolutely necessary, e.g. offices, administrations and authorities.
- Avoid private parties and otherwise strictly adhere to the rules of hygiene.

«Solidarity instead of panic buying» is a solidarity network for coronavirus sufferers and risk patients. The network is intended to bring people affected by isolation and quarantine together with people who want to show solidarity and support. We try to connect people who help and those seeking help.



Web: <https://solistatthamster.org/>

Mail: solistatthamster@riseup.net

Soli-Telefon: +49 1525 7878124

Telegram: t.me/solistatthamster