

## The „Helferkreis“ provides information about Corona!

We never have had such a situation in Germany as we do now! It is now up to each individual to help that the situation normalizes again soon!

### Exit restriction in Bavaria:

The government and medical experts had been urging the population to avoid social contacts outside of their own home several weeks before. Unfortunately, many people continued to meet with friends and other people.

For this reason it is **forbidden since 21.3.2020** to meet other people who do not live in the same household. We now have an exit restriction!

You are only allowed to go to the supermarket, doctor, pharmacy and to work. You can also go for a walk alone or with the person you are living with but only in your home town. Anything else is forbidden! You are not allowed to go to other people's homes or meet them outside. **This is controlled by the police and there are fines of up to 25,000 euros.**

### Proper hygiene:

- **Rub hands with soap for at least 20 seconds** (this is very long!) then rinse with water
- Do not shake hands
- Sneeze in the crook of your arm

### Refugee accommodation:

It is forbidden for volunteers or other persons to enter the refugee accommodation. This is only for the protection of the residents of the refugee accommodation and the visitors!

**Please keep to these rules now!** Other countries have even more drastic restrictions and people are not allowed to leave their homes at all!

If you have had contact with a person with Corona and if you are now developing symptoms, **please do not go directly to the doctor's office!** Please call the doctor's office by phone at first!

Your Helferkreis