

Facts and information Covid19

Status: 16 November 2020 - 11:00 hrs

What needs to be done?

Please stay at home! 🏠

Unless

- ✓ you need to go to work or participate in a training course
- ✓ you need to go shopping, to the pharmacy, to the cash dispenser, etc
- ✓ you are helping someone who needs help
- ✓ you alone meet individuals, whom you see more often during the week (e.g. a good friend or a family member)
- ✓ you want to go for a short walk or do exercise
- ✓ you are in danger in your home (fire, threats, etc)
- ✓ you need to go the doctor, to physiotherapy or psychotherapy
- ✓ you need to go to an authority or have an appointment in court

What else is to be considered?

- ✓ There are home schooling lessons for children in primary, secondary and polytechnic schools and also for young people over the age of 15
- ✓ Kindergartens and schools remain open: Children may go to school if their parents have to go to work. Children may go to school if they do not have a quiet place to study or a computer at home.
- ✓ When outside keep a distance of at least one metre to strangers. 🐘
- ✓ You need to wear a mask in public, closed spaces (official institutions, banks, shops, etc). 😷
- ✓ You need to wear a mask in buses, tramways, trains, railway stations, at bus stops. 😷
- ✓ Parks and playgrounds are open.
- ✗ Swimming pools, gyms and sports facilities are closed.
- ✗ Theatres, museums, cinemas, shops and hairdressers are closed.
- ✗ Cafés and pubs are closed.



The police can impose heavy fines if you do not respect the prohibitions.

!! If you have question about the lockdown-regulations call ZEBRA's legal advice service 📞
0316/835630

How do you protect yourself against the coronavirus?

- ✗ No shaking hands, no hugs, no kisses
- ✗ No meeting with people who cough and/or sneeze,
- ✓ Wash your hands with soap frequently
- ✓ Cover your mouth with your elbow when sneezing or coughing

- ✓ Wear mouth-nose-protection and keep at least 1 metre distance from other people

Who can help if you are ill?

- ✓ In case of fever or cough: Call your general practitioner!
- ✓ When you have symptoms of the coronavirus (fever, cough, shortness of breath, breathing difficulties) ☎: 1450/health information number
- ✓ General information on the coronavirus ☎ : 0800 555 621 /AGES

Free ZEBRA care hotline with interpreters ☎ 0800 799 702

Are you worried? Are you having trouble sleeping? Do you have fears? Do you feel alone?

We are here for you and listen. Give us a call.

- Monday to Wednesday: 9:00 to 12:00
- Thursday: 14:00 to 17:00
- Friday: 9:00 to 12:00