

## Facts and information Covid19

Status: 7 December 2020 - 11:00 hrs

### What needs to be done?

**You may go out from 20:00-06:00! This is allowed!**

**You need to stay at home between 22:00-06:00!** 🏠

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).



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

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

### What else is to be considered?

- ✓ 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, playgrounds, sports facilities for solo sports, stores, hairdressers and doctors are open.
- ✓ Meetings between a maximum of 6 people from 2 households are allowed.
- ✓ Children from 6 to 15 years of age must go to school. Kindergartens are open.
- ✓ Children who go to the NMS or grammar school must wear a mask at school.
- ✓ Children above the age of 15 need to study at home (home schooling). Students who will do their A-levels (*Matura*) need to go to school.
- ✓ Museums and libraries are open.
- ✗ Swimming pools, gyms, theatres and cinemas are closed.
- ✗ Cafés and pubs are closed.
- ✗ Big family celebrations or celebrations with many friends (birthday parties, weddings, ...) are prohibited.

### 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