Whenever possible, stay at home. Restrict your contacts, especially if you belong to one of the groups who are particularly at risk (people over the age of 60 or with prior illnesses) and avoid groups of more than two people.

Be sure to wash and disinfect your hands regularly and thoroughly and observe the correct etiquette when coughing or sneezing (into the crook of your arm).

Avoid bodily contact when greeting other people and keep a distance of 1.5 metres to others.

Since Monday April 27th 2020 it is compulsory to wear a mask covering mouth and nose when in shops and when using public transport.

Anyone needing help with their shopping should ring 0211-98999 from 9 am to 4 pm on Mondays to Fridays (except on public holidays).

Information line for tests and general information: 0211 89-96090 or fax for those with a hearing impairment: 0211 89-29396. Cold symptoms: contact your family doctor first.