Corona Rules of Conduct in Osnabrück and Lingen

Status: September 09, 2021

Vaccinations

Since June 7, 2021, there is no longer a prioritization in immunization eligibility. Anyone who wants to be vaccinated can make a vaccination appointment. To do so, you can contact a general practitioner in Osnabrück or Lingen.

Important: If you have been vaccinated with a vaccine that is not officially recognized in the EU (see below “What Is considered proof of vaccination?”), please contact your general practitioner in your home country and discuss what you should do and if it is sensible/possible to be vaccinated with a different vaccination upon arrival in Germany.

In Osnabrück: Practice Dr. Lankenfeld, Lotter Str. 82, 49078 Osnabrück, phone: +49 541 41422, hausarztpraxis@lankenfeld.de

In Lingen: Practice Ludger Albers, Am Wall Süd 20, 49808 Lingen, phone: +49 591 90111100, info@hausarzt-albers.de, https://www.hausarzt-albers.de/

Current measures in Osnabrück and Lingen

As of August 25, 2021, a new Corona Directive is in force. Rules and regulations are now being decided based on different warning levels, using three different numbers to determine the incident rate in the last 7 days per 100,000 inhabitants. 1. The regional incidence rate for new infections, 2. The incidence rate for the hospital capacity utilization in Lower Saxony and 3. The incident rate for the intensive care unit capacity utilization in Lower Saxony. An overview of the current incidence rates can be found on this map.

Generally, the “3G-rule” applies

The 3G rule (short for German “geimpft, getestet, genesen – vaccinated, recovered, tested”) is used to define low-risk groups in epidemiological terms.

Geimpft (Vaccinated): proof of complete immunization

Genesen (Recovered): proof of recovery (positive PCR-test that is a minimum of 28 days and a maximum of 6 months old)

Getestet (Tested): PCR-test (valid for max. 48 hours), PoC-Antigen rapid test (valid for max. 24 hours) and supervised self test (valid for max. 24 hours)

3G is also in effect independent from warning levels or incidence rates

- meetings of more than 1000 people
- in clubs, bars, etc.

Without warning level or incidence rate below 50 the rules above apply and ALSO:

- no restrictions regarding meetings and the number of people/households
- for events with more than 25 people, contact data must be collected
- shopping: medical mask is a requirement indoors
- restaurants: medical mask must be worn away from your seat, contact data is collected
- sports: no restrictions (indoor swimming pool with contact data collection)

Extended 3G rules at warning level 1 or incidence rate above 50:

- 3G rule for all (private) gatherings of more than 25 people indoors
- Restaurants: 3G rule in all restaurants, bars, etc.
- Sports: 3G-rule of all indoor sports (gym, bouldering, sauna, etc.)

What is considered proof of recovery?
A proof regarding the presence of a previous infection with the coronavirus SARS-CoV-2 in paper form or in digital form in German, English, French, Italian or Spanish language. Prerequisite: The relevant diagnostic test has been performed by laboratory diagnostics using nucleic acid detection (PCR, PoC-PCR or other methods of nucleic acid amplification technology) and dates back at least 28 days and a maximum of six months.

What is considered proof of vaccination?
A proof regarding the existence of a complete protective vaccination against the coronavirus SARS-CoV-2 in form of a vaccination certificate, a written proof or in digital form in German, English, French, Italian or Spanish language. Prerequisites: Vaccination has been carried out with one or more vaccines named by the Paul Ehrlich Institute and with the number of vaccine doses required for a complete protective vaccination. At least 14 days have passed since the last required single vaccination.

General regulations:
- Please behave responsibly!
- There is the **obligation to wear a mouth-and-nose covering** (Medical masks: surgical masks or masks of category FFP2 or KN95/N95) in all indoor and outdoor areas where it is difficult to keep the distance or where people are for a longer period of time. This applies to supermarkets, medical practices, to buses and trains, but also, for example, to parking spaces in front of stores, entrance areas, etc.
  
  **Exception**: The obligation to wear a **medical mask** does not apply to the city center, as long as a minimum distance of 1.5-2m to other people can be ensured. In case the distance cannot be kept, a mouth-and-nose covering must be worn.

- Wherever the collection of contact data is mandatory, it should be done electronically (e.g., through an app).
- You are strongly advised to avoid all travel that is not absolutely necessary. Should you travel nevertheless, the quarantine obligation applies upon return from risk areas.

- **Rapid tests**: Every citizen is entitled to a certain number of rapid tests (PoC antigen test) per week. Please register for this online at one of the test centers (Hasetest or Schnelltest24). If you have relevant disease symptoms, you are not allowed to come to the rapid test centers, but should contact a doctor.

  **Attention**: Starting on October 11, 2021, rapid tests will be fee required!

The official regulations often change and vary from city to city, from region to region. The information on the Internet is often very confusing and not always available in English. Therefore, we advise contacting the health service of the city of Osnabrück by phone (0541 5011111) if you are unsure. In Lingen: Corona citizen telephone of the Emsland: 05931 44-5701 and 05931 44-5702. Ask your buddies for assistance in doing so.
**General Rules of Conduct still apply:**

In order to protect yourself and others as much as possible from an infection, the following rules of conduct are recommended by the federal state of Lower Saxony:

1. Keep your distance. Keep a distance of at least 1.5 meters between you and all other persons.
2. Wear mouth-and-nose covering if a distance of 1.5 meters is not possible and in general when shopping and on buses and trains.
3. Wash your hands often. Clean your hands regularly and thoroughly with soap or disinfectant.
4. Do not touch your eyes, nose or mouth. Your hands can carry viruses and transmit them through your face.
5. Pay attention to good breathing hygiene. When sneezing or coughing, keep your mouth and nose covered with a bent elbow or a tissue and dispose of it immediately.
6. Avoid busy places and larger events.
7. Regularly ventilate the rooms in which you spend longer periods of time.

Up-to-date information on the Corona regulations can be found on the [website of the Federal State of Lower Saxony](https://www.lansa.de) and on the [Corona website of the City of Osnabrück](https://www.osnabrueck.de/coronaregelungen) (German only).

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Center for International Mobility
Osnabrück University of Applied Sciences