Corona Rules of Conduct
Status: March 29, 2021

Current measures in Osnabrück and Lingen
Due to high infection numbers, strict lockdown measures apply in Osnabrück and Lingen:

- Private meetings (no matter whether outdoors or indoors) are allowed only with a maximum of five persons belonging to two households.

- In high-incidence regions (regions with more than 100 new infections per 100,000 inhabitants within one week), the city or regional administration may impose a curfew. In that case, leaving the house between 9 p.m. and 5 a.m. is allowed for valid reasons only. Valid reasons include medical appointments, work, visiting close relatives.

- There is an urgent appeal to reduce contacts with other persons to the absolute minimum and to stay at home whenever possible.

- 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 city centers, supermarkets, medical practices, to buses and trains, but also, for example, to parking spaces in front of stores, entrance areas, etc.

- As of January 25, simple cloth masks will no longer suffice for this purpose. must be worn.

- Shops are closed for on-site customers. Exceptions: grocery shops, pharmacies, drug stores, opticians, book stores, gas stations, banks, postal offices, cleaning services and laundry facilities. If open, only a limited number of customers are allowed. In some cases, it is possible to pick up goods ordered online in closed stores (click & collect).

- Furthermore, restaurants, bars and clubs are closed. It is possible to sell food for self-pickup for consumption at home.

- There is a strict ban on alcohol in public areas.

- 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: Since March 8, 2021, every citizen is entitled to one rapid test (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.

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.

Please behave responsibly! Restrict your contacts to the bare essentials and thus help to reduce the number of infections. Thank you!
**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 what is legally permitted and what is prescribed can be found on the website of the federal state of [Lower Saxony](http://www.lkr.sachsen.de) (German only) and on the [Corona website of the City of Osnabrück](http://www.osnabrueck.de) (German only).

---

Status: March 29, 2021
Center for International Mobility
Osnabrück University of Applied Sciences