Corona Rules of Conduct

Status: July 08, 2021

Vaccinations

Since June 7, 2021, there is no longer a prioritization in immunization eligibility. Anyone who wants to be vaccinated can apply for a vaccination appointment. To do so, you can contact a general practitioner or register via the vaccination portal of the state of Lower Saxony.

Current measures in Osnabrück and Lingen

The Lower Saxony Corona Directive stipulates the following regulations, which depend on the respective incidence rates (incidence rate: number of new infections in the last 7 days per 100,000 inhabitants). An overview of the current incidence rates can be found on this map.

If the current incidence rate is above 100:

- for private meetings (no matter whether outdoors or indoors) members of one household are only allowed to meet with one other person belonging to another household.
- a curfew is imposed: leaving the house between 10 p.m. and 5 a.m. is allowed for valid reasons only. Valid reasons include medical appointments, work, visiting close relatives. It is allowed to be outside until midnight for individual sports (just one person, e.g. jogging)
- Shops are closed for on-site customers. Exceptions: supermarkets, 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).

If the current incidence rate is between 35 and 100:

- for private meetings (no matter whether outdoors or indoors) members of one household are only allowed to meet with two other persons belonging to another household.
- no curfew
- supermarkets, grocery shops, pharmacies, drug stores, opticians, book stores, gas stations, banks, postal offices, cleaning services and laundry facilities are open. Only a limited number of customers are allowed. All other shops may open for customers upon individual appointment and with a negative rapid Corona test. (Click and meet).

If the current incidence rate is below 35:

- for private meetings (no matter whether outdoors or indoors) up to 10 persons belonging to up to three households are allowed to meet
- no curfew
- supermarkets, grocery shops, pharmacies, drug stores, opticians, book stores, gas stations, banks, postal offices, cleaning services and laundry facilities are open. All other shops are allowed to open, individual appointments and a negative rapid Corona test is no longer required.
- restaurants may open again, medical mask must be worn when away from your seat, there is no obligation to present a negative test result and the data of the guests is collected.
- Theaters and movie theaters are allowed to open again, there is no obligation to present a negative test result
- Museums and swimming pools are allowed to reopen, there is no obligation to present a negative test result.
- Bars and clubs are allowed to reopen, guests must present a negative test result (max. 24 hours old).

If the current incidence rate is below 10:
- for private meetings up to **25 persons are allowed to meet indoors** and up to **50 persons are allowed to meet outdoors** (regardless of the number of households). Those either recovered or fully vaccinated do not count.
- it is allowed to meet with more than 25 or 50 persons respectively, if the organizer can ensure that a negative test result is presented.

**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.

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 and on the Corona website of the City of Osnabrück (German only).

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