Corona Rules of Conduct
Status: May 5, 2021

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).

General regulations:
- Please behave responsibly! Restrict your contacts to the bare essentials and thus help to reduce the number of infections. Thank you!
- 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.
- Furthermore, restaurants, bars and clubs are closed. It is possible to sell food for self-pickup for consumption at home.
- 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 (Hasertest 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](https://www.bmel.de) and on the [Corona website of the City of Osnabrück](https://www.onsabrueck.de) (German only).

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Center for International Mobility
Osnabrück University of Applied Sciences