

**Please help to protect yourself and others against infectious diseases**

In the light of current events we would like to make you acquainted with the basic rules of conduct in order to avoid any spreading of the Corona virus:

- ✓ Avoid shaking hands, coughing, sneezing.
- ✓ Keep a distance of 1 to 2m from coughing or sneezing persons.
- ✓ Sneeze or cough into the crook of your arm, if no handkerchief is at hand.
- ✓ Thoroughly wash your hands using hot water and liquid soap (min 30 to 40 seconds) after contact to other persons, use of sanitary facilities und before eating, and dry with disposable towels.
- ✓ Avoid touching your face with unwashed hands, in particular mouth, eyes or nose.
- ✓ For the time being lounges and community facilities should not be used or used individually only if possible.
- ✓ Avoid larger gatherings of people and narrow rooms.
- ✓ Clean and ventilate your rooms regularly.

When signs of respiratory infection including fever, coughing, sneezing, sore throat, breathing difficulties appear or you had contact with a with a person confirmed with being infected with the Corona virus or who stayed in a risk area, stay at home and contact the attending physician or health office by phone.

Gesundheitsamt Gera

(Gera Health Office)

Telephone 0365 838 3526

Service hours

Monday to Thursdays from 09:00 to 17:00

Fridays from 09:00 to 15:00

Your Municipal Administration