



Unite against coronavirus – here are the most important rules

Coronavirus infections in Lower Saxony are still rising. More and more people are getting sick; a number of them have to be treated in hospital, while some have been in intensive care for a long time. In order to regain control of the spread of infections, the German Chancellor and the heads of the federal state governments have agreed on stricter uniform national measures. Their common goal is to reduce the seven-day incidence rate back down to below 50 new infections per 100,000 inhabitants. The state of Lower Saxony publishes a map, every day, that shows the number of infected people in the individual regions: www.niedersachsen.de/coronavirus/inzidenz-ampel

All citizens are kindly asked to strictly comply with the rules set out below. Even better, more generally, you should meet with as few other people as possible and preferably use other means of communication, such as the phone, text messages, e-mail, or the good old handwritten letter.

The following rules have been in force since November 2, 2020:

Social distancing requirement

The general principle is that, in all situations, you should maintain a distance of 1.5 metres from all other people – if at all possible. This applies both indoors in enclosed spaces as well as outside in the open air.

If it is not possible to observe social distancing then you will have to wear a mask, please.

There are only very few people with whom you can have close physical contact and some situations where there is no social distancing requirement.

- with relatives and immediate in-laws, spouse, life partner, fiancé(e), siblings, siblings' spouses or life partners, siblings of spouses or life partners, even if the marriage or life partnership that established the relationship no longer exists or if the family relationship or in-law status has been terminated, as well as foster parents and foster children
- in groups of children under the age of twelve years
- in the context of carrying out a professional activity

- when performing an action to avert danger thus, for example, in the case of volunteer fire fighters or deployment in aid organisations
- in the context of research, teaching, studying, and further education at a university, unless otherwise regulated by the university
- in the context of vocational training, further education, or advanced training
- in the context of vocational training and further education in the field of fire and disaster prevention as well as emergency rescue services
- in the context of the facilities and services provided by child and youth welfare organisations in the case of social group work as well as in education in a day care group
- in the context of the services of youth work, youth social work and educational child and youth protection



When does which mask requirement apply?

Incidence rate up to 35 Green	Mask requirement in all indoor areas that are accessible to the public or open to visitors or customers. This applies in particular: <ul style="list-style-type: none">☐ in businesses, shops and banks, in restaurants, and in the context of close contact services (hair salons, massage practices, etc.)☐ in buses, trams and trains as well as at their stops and waiting areas☐ at events in enclosed spaces (e.g., cinema, theatre)
Incidence 35 to 50 Yellow	In addition - If possible, masks <u>should</u> also be worn outdoors in public if people are lingering there close together and for a longer time.
Incidence rate over 50 Red	In addition - Masks also <u>have to be</u> worn outdoors in public if people are lingering there close together and for a longer time. The local authority will determine the open spaces and pathways where this will be necessary.

Restrictions on meeting people in public spaces

Unfortunately, the infection rates require everyone in Lower Saxony to reduce the number of people they meet to an absolutely necessary minimum. In public spaces, a maximum of ten people only are allowed to gather at the same time. If these ten people (the maximum) are not close family members then they may only be from two households. If there are children under twelve years of age in a group then there may also be more than ten people and the limit of only two households would not apply in that case.

Restrictions on meeting people in private spaces

Even in private spaces, i.e. in your own apartment, house, garden, or other private space, the number of people you can meet, unfortunately, has to be reduced to an absolutely necessary minimum. Here, too, only a maximum of ten people who are all close family members, or from no more than two households are allowed to meet.

If, however, three or four children from more than two households play together then this would be permitted. The maximum number of ten people may however not be exceeded in a private space even if children are present.



Operating bans and service restrictions

Wholesalers and retailers (e.g., supermarkets, drugstores, pharmacies, clothing stores, or building supplies stores) will remain open subject to requirements relating to hygiene measures, the regulation of customer access and the avoidance of waiting in queues. Nevertheless, it has to be ensured that there is no more than one customer per ten square metres of selling space.



Leisure activities

- cinemas, zoos, wild animal parks, trade fairs, exhibitions, special markets, amusement parks as well as other leisure activities that are provided indoors and outdoors
- amusement arcades, casinos, betting shops, and similar facilities
- leisure and amateur sports activities on and in public and private sports facilities as well as fitness studios
- swimming pools and water parks, saunas, thermal baths, solariums

Services

- beauty salons, massage practices, tattoo studios, nail salons, etc.

Food and drink service outlets

- restaurants, snack bars, cafés, shisha bars, clubs, discos

Accommodation/Tourism

- tourist overnight stays in hotels, guest houses, holiday apartments, campsites etc.
- bus, boat and horse-drawn carriage tours



Leisure activities

- individual sports on your own, as a pair, or in your own household

Services

- medical services in the fields of physiotherapy, occupational therapy, speech therapy, podiatry, or foot care



- hair salons

Food and drink service outlets

- take-away sales, deliveries, and collecting food for consumption at home
- food at hotels and commercially rented accommodation for non-tourism visitors
- canteens and dining halls

Accommodation

- permitted for official and business trips and for essential purposes
- use of your own holiday apartment/holiday home as well as permanent camping

Documentation of contact details

In order to be able to track potential chains of infection it will be necessary to document contact details in the following areas:

- in the context of close contact services that are currently permitted
- when visiting retirement and nursing homes, hospitals, rehabilitation facilities, etc.
- in canteens and dining halls
- in the context of educational offerings outside of school
- in the context of the services provided by child and youth welfare organisations as well as in the area of social, educational, or psychological counseling centres
- in driving schools

+++ Important for visitors and customers: +++ If a customer fails to provide his or her contact details, he or she will not be granted access to services, activities, or to visit the facilities that have been mentioned. You are all asked to provide your first and last names, full address, telephone number as well as the date and time. This will allow health authorities to contact you in the case of an infection.

+++ Important for business operators: +++ All of this contact information has to be deleted or destroyed, at the very latest, after one month. The information may only be used by the health department for the purpose of contact tracing to prevent infection. Please make absolutely sure that the information of other visitors and customers cannot be viewed. An openly displayed list where customers enter their information one after the other is not permitted.



Sports

It will only be possible to play leisure and amateur sports to a limited extent. Playing team sports is not permitted. By contrast, playing an individual sport is permitted if certain requirements are met.

Individual sports are types of sport that are played alone, in pairs and generally without direct physical contact with others. These include, among others, track and field athletics, tennis, golf and gymnastics. Individual sports where it is not possible to maintain a minimum distance of 1.5 metres from people outside of your own household, e.g., judo or karate or the like, may only be played with one other person and not with alternating partners.

Individual sports may be played alone, in pairs, or with people from your own household. It is essential to ensure that there is as little physical contact and few encounters with others as possible and that a minimum distance is maintained from people from other households at all times. Even if track and field athletics or tennis are individual sports, nevertheless training in, for example, larger training groups is currently not permitted.

Religious worship

Despite the increasing number of infections, gatherings for religious worship are allowed in Lower Saxony. In consideration of the constitutionally guaranteed freedom of religion, the state government has also refrained from imposing the same strict requirements for church services and other religious ceremonies as for non-religious gatherings.

However, it is absolutely necessary to adopt precautionary measures on the basis of a hygiene plan. This includes limiting the number of people attending a religious gathering.

A church, synagogue, mosque, or other space may only admit as many worshippers as are able to keep a distance of 1.5 metres from each other.

At events in enclosed spaces and also for religious gatherings a mouth and nose covering must be worn while you are moving around in the space. Once you sit down you may then remove the mouth and nose covering.



Travelling abroad and quarantine

All residents of Lower Saxony are kindly asked to avoid unnecessary travel abroad at present. If, nevertheless, you travel to a country that has been designated a risk area by the Robert Koch Institute and the Federal Foreign Office then you will have to quarantine after re-entering Lower Saxony. This also applies to your guests who arrive from a risk area.

This means that immediately after arriving from a risk area the people concerned have to go directly to their own homes, to their habitual residences, or to other suitable accommodation and, there, isolate themselves from other people without interruption for a period of ten days following their arrival. This also applies to those people who arrive in Lower Saxony from a risk area via another country.

A molecular biological coronavirus test (PCR test) can be carried out after five days at the earliest. If the result is negative then quarantine can be discontinued earlier. The test must meet the requirements of the Robert Koch Institute. These have been published on the internet at the following [address https://www.rki.de/covid-19-tests](https://www.rki.de/covid-19-tests) .

You can find an updated [daily overview of the current risk areas at the Robert Koch Institute \(RKI\)](#).

Very important: Please register via the internet portal www.einreiseanmeldung.de upon your arrival in Lower Saxony.

An exemption from this quarantine requirement applies, for example, to people who travel under the so-called local border traffic regime and who have not stayed in a risk area for more than 24 hours. Cross-border commuters or frontier workers who are demonstrably required to enter or leave a risk area for reasons related to work, study, or training do not have to go into quarantine if they normally return to their place of residence at least once a week and if they adhere to an appropriate protection and hygiene plan. Further exceptions can be found in the quarantine regulations of the state of Lower Saxony (please insert link).