



Unite against coronavirus – here are the most important rules

When does the mask requirement apply?

From 1 December 2020, the range of areas where a mask must be worn will be extended. Masks must still be worn in closed rooms that are accessible to the public or that have visitor and customer traffic. It therefore applies in government agencies, shops, and companies. You must also wear a mask in the entrance areas of these buildings as well as in the associated parking areas. The aim is to protect any people who may be waiting there and thus to reduce the risk of infection.

The obligation to wear a mask also applies in workplaces or business premises. From the beginning of December 2020, a mask must be worn in every factory, every skilled trade operation, every company, and every government agency. This does not apply when you are at your workstation and can maintain a minimum distance of 1.5 m from all other people. A further exception is made for persons whose type of activity does not allow them to wear mask. This may be the case, for example, if a job is physically particularly strenuous or wearing a mask is not possible in certain trades.

A mask must now also be worn in all outdoor places where the risk of infection is increased by the possibility of encountering a large number of people. This obligation was already included in the previous regulation, but it applied only in counties and cities with an incidence of more than 35/100,000 in seven days. This means that you must now wear a mask wherever people are in confined spaces (e.g. narrow areas of pedestrian zones) or stop for a longer period of time.

In order to ensure that these locations are clearly identifiable, they – as well as the duration of the obligation – will be determined by the respective administrative body by means of a general ruling that will be made public.

Contact restrictions:

From 1 December 2020, meetings and celebrations with people from one's own household and another household will be permitted only up to a maximum of five people. Children under 14 years of age are excluded.

The privilege of relatives is retained. This means that the limitation to two households does not apply to close relatives. However, the numerical limit of five persons also applies to close relatives (i.e. spouses, life partners, fiancées, siblings, spouses or life partners of siblings, siblings of spouses or life partners, foster parents, and foster children over 14 years of age).

Of course, it is not a problem if there are more than five people over the age of 14 living in a household (larger family or shared flat). However, as soon as five or more people from one household are already present, no further people can be invited. A meeting with people from outside your own household is then permitted only if some of the people living in your own household are not present. The number five is the upper limit for all people over 14.

This applies to all private premises (e.g. your own home or other closed premises) as well as open-air spaces (gardens or courtyards) in your own or privately provided areas. This also includes premises outside the home environment such as village community centres.



Niedersachsen. Klar.

From 23 December 2020 to 1 January 2021

During this period, private gatherings and celebrations with up to 10 people – regardless of their household affiliation – will be permitted. Again, children under the age of 14 are not included.



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).