

Current Corona rules 29- 03-2021 – 18-04-2021

Please note: Changes are possible at short notice

Private life



Schools & day care centres



Leisure | Sports| Culture



Public spaces



BASIC INFORMATION

[Get protected by the DHM + A + A formula](#)

[Suspected of being infected and testing](#)

[Home quarantine](#)

[I stayed in a risk area abroad. What do I have to do next?](#)

[Coronavirus vaccination: Who can book an appointment and what is the vaccination procedure?](#)

ADDITIONAL OFFICIAL INFORMATION PROVIDED BY

- Corona information by the Ennepe-Ruhr-Kreises
www.enkreis.de
- Special coronavirus sites of the Federal State of North Rhine-Westphalia
www.land.nrw
- Health Department of North Rhine-Westphalia
www.mags.nrw
- Integration Commissioner (information provided in several languages)
www.integrationsbeauftragte.de
- German government
www.bundesregierung.de
- Federal Ministry of Health
www.bundesgesundheitsministerium.de
- Bundeszentrale für gesundheitliche Aufklärung (BZgA)
www.infektionsschutz.de
- Robert-Koch-Institut (RKI)
www.rki.de

CORONA RULES | PRIVATE LIFE



Private contacts

- Meeting other people should be reduced to what is absolutely necessary.
- If private meetings are necessary, you should only meet the same small number of people (if possible). Keep distance of min. 1.5 metres and air rooms regularly.
- Meeting in public spaces:
 - a) max. five persons from two households in case of a **seven-day incidence <100**
 - b) max. one person from another household in case of a **seven-day incidence >100**(children up to 14 years of age excluded in both cases)
- Couples are considered to be one household even if they don't live together



Private parties

- Parties and events are prohibited.
- Funerals and civil marriages in the presence of close relatives are still possible (small group).
- A list of all persons present should be made as follows:
All guests present shall add their correct name, their address and their phone numbers including their period of stay (from ... to ...) to the list.
- Contact data of all guests should be kept for a period of four weeks.



CORONA RULES | SCHOOLS AND DAY CARE CENTRES



Opening hours of day care centres are limited.

- Children can go to day care centres.
- Care periods may be reduced by up to 10 hours. Such period is at the sole discretion of the respective day care centre.
- Parents may use 10 children's sickness absence days per parent so they can look after their children at home. Single parents are entitled to 20 days.



Alternating classes in schools

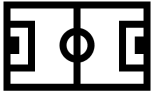
- Considering the foreseeable occurrence of infection there will be no regular face-to-face teaching at schools after the Easter holidays.
- As soon as the situation so permits lessons will be given up to and including 23-04-2021 subject to the previous restrictions..
- For final-year classes of grammar schools, comprehensive schools and colleges of further education preparations for A-levels will start on the first day after the Easter holidays. Other lessons will not be given for these students.
- After the Easter holidays two coronavirus self-tests a week should be available for all students at secondary schools.
- Any person staying on school premises or in school buildings shall wear a medical face mask.
- If students up to grade 8 can't wear a medical face mask as they don't fit, a community mask may be used instead.
- A face mask doesn't have to be worn when eating during meal breaks when students are sitting at their place in class or when in their learning group in a school canteen.
- If you are the only person in a room, you don't have to wear a mask.



Face-to-face teaching for max. five students shall be allowed for:

- Private lessons
- Music or art lessons
- Swimming training for beginners and swimming courses for small children

CORONA RULES | LEISURE



In case of a seven-day incidence >100 for three consecutive days in a district or in an independent town the corona emergency brake shall apply. In close cooperation with the Ministry of Health the municipalities / districts concerned shall exercise one of the following options:

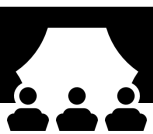
1. Taking back the opening steps taking effect on 08-03-2021.
2. Testing: If an adequate number of citizens can be tested free of charge, existing opening steps will not have to be taken back. This requires a negative coronavirus test result on a daily basis. Strict distance-keeping and hygiene rules continue to apply.

The Ennepe-Ruhr Kreis exercised the second option, i.e. the principle of click & meet (shopping, visit to zoos and close contact services are permissible subject to prior appointment). **A negative coronavirus test result on a daily basis will be required.**



Closed or prohibited irrespective of seven-day incidence:

- Theatres, opera houses,, discotheques, amusement parks, ...
- Fairs, exhibitions, jumble markets, funfairs, big events, ...
- Gambling halls, casinos ...
- Sports grounds and gyms, public swimming pools (except for swimming training for beginners and small children)
- Canteens, restaurants, tuck shops, cafés,, ... delivery and collection of meals for eating at home is permitted
- Stay overnight in hotels for private reasons and travel bus tours for tourists



Opened or permitted irrespective of seven-day incidence:

- Supermarkets, groceries, weekly markets for food, drugstores, pharmacies, specialist baby shops, health shops, medical stores, banks, fuel stations, kiosks, post offices, pet supplies shops, pet food shops, flower shops, garden markets
- Garages, craftsman's establishments, car rentals, ...
- Medical practices (e.g. physiotherapists, speech and language therapists, foot care, ...) for medical treatment
- Playgrounds (face mask required)!
- Sports (five persons from max. two different households or individual instructions at outdoor sports facilities); however, there must be a min. distance of 5 metres between individuals or groups
- Outdoor sports in groups consisting of max. twenty children aged up to and including 14 years plus two supervisors
- Driving schools, schools of water sports, flight schools



Opened or permitted in case of a seven-day incidence < 100 or a seven-day incidence >100 subject to negative coronavirus test result on a daily basis and prior appointment:

- Museums, art exhibitions, galleries, castles, memorials, botanic gardens, garden and landscape parks, animal parks and zoos, libraries
- Hairdresser's and other close contact services such as manicure, massage and tattooing subject to strict compliance with hygiene rules and prior appointment
- Click & meet shops subject to prior appointment
- Opticians, book stores and stationery shops

CORONA RULES | PUBLIC SPACES



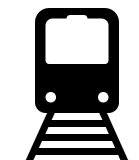
Meeting in public spaces (outside living quarters)

- Meeting in public spaces
- a) max. five persons from two households in case of a **seven-day incidence <100**
- b) max. one person from another household in case of a **seven-day incidence >100** (except for children under the age of 14 in both cases).
- Couples are deemed to be one household even though they don't live together.
- In public spaces a min. distance of 1.5 metres to other persons shall be kept.



Wearing medical face masks and community masks in public spaces

- Medical face mask means, surgical face mask and FFP2 face mask and higher standards (all without exhalation valve).
- In closed public spaces such as shops, medical practices, in public transport, museums, castles, animal parks, zoos und during services a medical face mask must be worn.
- This also applies to workplaces if you are unable to keep a distance of 1.5. metres. In such case employers shall provide such medical face masks for their staff.
- A medical face mask must be worn when using voluntary or communal driving services (e.g. taking you to vaccination centres).
- This also applies to close contact services such as physiotherapy, medical foot care or hairdresser's or when attending a permitted learning event and in case of examinations.
- If children not having attained the age of 14 are unable to wear medical face masks as they don't fit, a community mask may be used instead.
- If you aren't required to wear a medical face mask, a community mask shall be worn in designated areas of public spaces (e.g. parking spaces, markets, near opened retail shops within a distance of 10 metres to the entrance.
- Any person who isn't allowed to wear face masks for medical reasons shall present a corresponding medical certificate upon request.
- Children who don't go to school yet, don't have to wear a face mask.



Working at home/Homeoffice

- Employers are required to allow their staff to work at home if possible (e.g. office work).



Basic information: DHM + A + A formula

HOW CAN I PROTECT MYSELF AND OTHER PEOPLE?

- In order to prevent an uncontrollable spreading of the coronavirus some main rules must be followed. The **DHM+A+A-formula** (maintain **D**istance, follow **H**ygiene rules, wear medical face **M**ask , **A**ir regularly and use Corona-**A**pp) helps protect you and other people.
- The virus mainly spreads in the air and when speaking (if there is no adequate distance).

Keep **D**istance!

- In order to protect other people keep a distance of min 1.5 metres (approx. three steps).
- Even if you feel healthy the virus may be in your body and infect other people.
- Don't embrace other people or shake hands with them.

Follow **H**ygiene rules!

- Cough and sneeze in your elbow.
- Wash and disinfect your hands in regular intervals.

Wear community **M**ask or medical face mask!

- Wearing a medical face mask (FFP2 or surgical mask) is the best way of preventing an infection or infecting other people.
- We should wear our own face masks. Never exchange face masks with other people.
- Replace medical face masks after using it five times at the latest. If a face mask isn't used, it should be put in an oven at a temperature of 80° for one hour in order to disinfect it. Medical face masks can't be washed.
- Your community masks made of cloth should be washed at a temperature of min. 60° after use.
- Face masks getting wet if worn should always be replaced.

Air!

- Closed rooms should be aired in intervals of 20 minutes.

Use **A**pp - Corona-Warn-App!

- Use the [Corona-Warn-App](#). This app will inform you in case you were in touch with people infected with the virus. The app will also tell you what to do.
- Enter a positive coronavirus test result into your app.
- The app uses anonymized data, i.e. no personal data are stored.

Basic information: Suspicion of coronavirus and testing

I THINK I AM INFECTED WITH CORONAVIRUS: WHAT CAN I DO?

- If you think you are infected with coronavirus because of symptoms (fever, cough, sore throat, cold, shortness of breath, loss of the sense of taste, headache, ...) or if the Corona App indicates a possible infection, you should preferably contact your family doctor for a test.
- Such test will be free. Call your doctor in advance and book an appointment.

WHEN SHOULD A CORONAVIRUS TEST BE DONE?

- Currently, there are two coronavirus tests:
 - PCR test (evidence of virus): For a PCR test a smear (nose and/or throat) is made. Samples will be analysed by a laboratory. This test provides very precise results. However, it takes 1 – 2 days to have the results.
A PCR test must be done by medically qualified people and analysed by a licensed laboratory.
 - PoC test (**rapid coronavirus test**): Rapid test in which the smear is analysed within a few minutes using a test set. Such test is less precise and must be done by a medical service provider authorized to do such tests and required to issue a certificate evidencing the test.
- Free rapid coronavirus tests can be done in medical practices, test centres and pharmacies. You will get the result there (hardcopy or electronically). In case of a positive rapid test result, a PCR test will follow to confirm the result.
- There will be free rapid tests for schools, day care centres and employees.
- All citizens can do a free rapid coronavirus test once a week.
- Proof of a negative coronavirus test result on a daily basis is needed for zoos, clothing shops, etc. in case of a seven-day incidence >100 in the Ennepe-Ruhr-Kreis.
- The [website of the Ennepe-Ruhr-Kreis](#) provides details of the rapid coronavirus test centres which can also be found in the map that is part of the [app of the EN-Kreis](#).

POSITIVE CORONAVIRUS TEST: WHAT TO DO NEXT?

- If your coronavirus test is positive, you are infected with coronavirus. A positive result is not a good result but shows that the virus was found in your body.
- In case of a positive test result (PCR test or rapid test) you must enter [home quarantine](#). All persons living with you in one household (flat or quarters) must enter quarantine immediately.
- Using your balcony, terrace or garden is still allowed. However, they can only be used by you and the persons you live with.

TELEPHONE ADVICE / INFORMATION

- **Telephone service of the district administration in Schwelm**
☎ 02333/4031449, daily from 8:00 am to 6:00 pm
- **Telephone services for Hattingen, Herdecke and Witten**
 - Hattingen Corporation: ☎ 02324/204 4700
Monday – Thursday: 8:30 am to 3:30 pm, Friday: 8:30 am to 12:00 pm
 - Herdecke Corporation: ☎ 02330/611 350
Monday – Thursday: 8:00 am to 4:00 pm, Friday: 8:00 am to 12:00 pm
 - Witten Corporation: ☎ 02302/581 7777
Monday, Tuesday and Thursday: 8:00 am 4:00 pm, Wednesday and Friday:
8:00 am to 2:00 pm
- **Medical on-call service**
☎ 116117
- **Telephone service of the Ministry of Health of North Rhine-Westphalia**
☎ 0211/9119 1001, Monday – Friday from 7:00 am to 8:00 pm
- **Social-Psychiatric Service of the Ennepe-Ruhr-Kreis**
(mental crises related to coronavirus)
 - Breckerfeld, Ennepetal, Gevelsberg, Hattingen, Schwelm and Sprockhövel:
☎ 02336/93 2788
 - Witten, Wetter and Herdecke: ☎ 02302/922 264
Monday – Friday from 8:00 am to 12:00 pm, Thursday: also from 2:00 pm
to 4:00 pm
- **GESINE Frauenberatung.EN**
(physical , psychological, financial and sexualised violence and crises)
 - Schwelm: ☎ 02336/475 909 1
Witten: ☎ 02302/525 96
Hattingen: ☎ 02324/380 930 50

Basic information about home quarantine

HOW DOES HOME QUARANTINE WORK?

- Home quarantine means that you have to stay at home with immediate effect. Nobody can visit you. Don't leave your house, don't go for a walk, don't go to a playground, don't go shopping, etc., and don't use your car. You can still use your balcony, your terrace or your garden. However, they only be used by you and the person you live with.
- Inform your employer, school and/or day care centre and all persons you were in touch with.
- Home quarantine will be required in case of a positive coronavirus test result or if ordered by the Public Health Office.
- If you are / likely to be infected with coronavirus (Covid-19), you will receive a letter in a yellow envelope. This letter is called "Order for Supervision and Separation in Home Quarantine".
- If your child is under the age of 12 (1 – 11 years) and must be quarantined as the school or day care centre is closed, one parent will have to stay at home with the child.
- When in quarantine the Public Health Office will contact you by e-mail or by phone, if you can't send or receive any e-mail. You may contact the Public Health Office by e-mail.
- If you need medicines in quarantine or if you feel bad, call your family doctor. Tell your doctor what you need and that you are in quarantine.
- If you feel that you are seriously ill and badly need medical help, call the medical on-call service at ☎ 116117. In an emergency call ☎ 112. Please tell them that you are in home quarantine.

WHAT ABOUT MY JOB DURING QUARANTINE?

- In principle, your employer will continue to pay your salary / wage (continued pay), if quarantine is required (max. period: 6 weeks (Section 56, Protection Against Infection Act).
- If you have to stay at home because your child is quarantined, there will be a continued pay for max. 6 weeks. Details can be found [here](#) (claim for loss of earnings pursuant to Section 56, para. 1a, Protection Against Infection Act).
- Your employer or you (if you are self-employed) may apply for compensation. Contact the corresponding „[Landschaftsverband](#)“.
 - Contact details of [LWL](#) (Landschaftsverband Westfalen-Lippe):
☎ 0800 933 633 97 (Monday – Saturday from 7:00 am to 8:00 pm).

WHAT ABOUT THE END OF MY QUARANTINE?

- In case of typical symptoms (fever, cough, sore throat, cold, shortness of breath, loss of the sense of taste, headache, ...) your quarantine will generally end 10 days after the day when the symptoms occurred for the first time. You must have recovered 2 days prior to the end of your quarantine.
- In case of a positive PCR test result without typical symptoms your quarantine will end 10 days after the PCR test.
- **IMPORTANT NOTICE: Your quarantine will end only if the Public Health Office has given permission to end the quarantine!** This means that there may be different quarantine periods and that a quarantine could last longer.
- Exemptions: Your PoC test was positive. Such test must be followed by a PCR test. You will be quarantined until the test result is received. Your quarantine will end if the PCR test result is negative.
- **IMPORTANT NOTICE: If you fail to comply with the quarantine regulations, high fines / severe penalties will be imposed!**

Basic information: Ordinance on Coronavirus Entry Regulations

CoronaEinrVO taking effect on 8 March 2021

I SPENT TIME IN A RISK AREA: WHAT TO DO NEXT?

- Persons wishing to enter the Federal Republic of Germany who spent time in a risk area (no virus variant area) within the 10 day period prior to entry, must enter quarantine for 10 days beginning with the day when leaving the risk area.
- Risk areas are countries or regions outside Germany in which there is an increased risk of infection with SARS-CoV-2 coronavirus. At <https://www.rki.de/covid-19-risikogebiete> you will find an updated list of risk areas.
- Persons doing a coronavirus test max. 48 hours prior to entry or immediately upon entry (part of entry testing) or within 24 hours after entry at the latest don't have to be quarantined.
- Persons entering Germany by plane can do a coronavirus test directly at the airport.
- Such coronavirus test must be paid.
- A quarantine due to entering Germany from a risk area will end, if there is a negative coronavirus test result. Testing can be done later in order to end quarantine at that date (final additional testing).

WHO IS EXEMPTED FROM THESE RULES?

- Exempted from these rules are children under the age of 6 and persons,
 - who are in transit
 - who in local border traffic were in a risk area in Belgium, Luxemburg and the Netherlands for less than 24 hours or enter Germany for max. 24 hours
 - are visiting relatives in the first degree (spouse / life partner or children) for max. 24 hours
 - who are required to transport persons or goods across borders for professional reasons
 - who due their job, studies or training have to stay in a risk area and return to their residence in North Rhine-Westphalia min. once a week or vice versa on condition that the respective companies, educational institutions and training centres provide corresponding infection protection and hygiene concepts
 - who are members of the consular and diplomatic staff

IMPORTANT NOTICE: These exemptions will only apply if these persons don't have symptoms like cough, fever, cold or loss of the sense of smell and taste). If such typical symptoms occur within ten days after entry, these persons, too, will have to be coronavirus tested.

SPECIAL REGULATIONS FOR PERSONS RETURNING FROM A VIRUS VARIANT AREA

- Any person entering North Rhine-Westphalia who stayed in a virus variant area for a period of ten days prior to entry will have to enter quarantine, with this period starting on the day when leaving the risk area.
- Quarantine period can't be reduced by negative testing.
- These persons are required to contact their competent health offices (Ennepe-Ruhr-Kreis: Health Department of the Ennepe-Ruhr-Kreis) and provide information about their entry such as date of entry and the place where they are staying. There is an [online-form](#) that needs to be completed in case no digital [entry registration](#) was transmitted prior to entry. A confirmation of successful registration must be presented upon entry.
- In case of technical problems such information can also be furnished by phone or by e-mail.
- The health office must be contacted immediately in case of typical coronavirus symptoms.
- If such typical symptoms occur within ten days after entry, these persons, too, will have to be coronavirus tested.

Exemptions from these quarantine regulations only apply to a very small group of people who are in transit or whose activities are required to maintain public health, public safety, diplomatic and consular relations, etc..

Basic information: Vaccination

WHO GETS AN APPOINTMENT AND HOW CAN I BOOK AN APPOINTMENT?

- Since 08-02-2021 any person who is 80 years old or older and who doesn't live in a nursing home can be vaccinated.
- Persons suffering from chronic previous diseases such as trisomy 21, thalidomide disease, persons having received new organs, persons suffering from dementia, mental disorders, severe psychic disorders, cancerous diseases requiring treatment, interstitial pneumonia, COPD, mucoviscidosis, poorly managed diabetes involving complications, neuro-muscular diseases, a chronic liver disease, a chronic renal disease and severe obesity (BMI >40) can book an appointment. A medical certificate issued by the treating physician saying that the person is suffering from such disease will be required.
- From 06-04-2021 persons aged 79 can book an appointment.
- The vaccination centre of the Ennepe-Ruhr-Kreis is located in Ennepetal (Impfzentrum Ennepe-Ruhr-Kreis, Kölner Str. 205, 58256 Ennepetal).
- Vaccinations are subject to prior appointment.
- The number of vaccination appointments depends on the vaccine that is available at the vaccination centre.
- Appointments can be booked at www.116117.de or by calling ☎ 0800/116 117 02, daily from 8:00 am to 10:00 pm.
- The Medical Association of Westfalen-Lippe (KVWL) that is in charge of appointments issued a step-by-step guidance and list including answers to frequently asked questions (see www.corona-kvwl.de/impftermin.)
- If you aren't sure whether your booking was successful, you may call the district administration (☎ 02333/403 1449, daily from 8:00 am to 6:00 pm). In order to keep the number of calls at the same level queries should be made exactly one day prior to coming to the vaccination centre.
- Appointments may also be checked online. [Here](#) you will find corresponding information.
- In order to ensure full protection by vaccination an appointment for a second vaccination will be agreed in addition to the first vaccination.
- Appointments may also be booked by relatives or trusted persons.

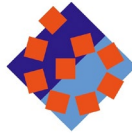
WHAT IS THE VACCINATION PROCEDURE?

- Bring along your identity card, your confirmation of appointment, your certificate of vaccination and your electronic health card (if any) for the vaccination.
- You have to wear a medical face mask.
- Prior to the vaccination you may obtain information about the coronavirus vaccination. If requested, you may talk to a physician.

- [Here](#) you will get multi-language information about the vaccination and the vaccines.
- You are vaccinated by qualified medical staff.
- The vaccine is injected into your upper arm.
- After the vaccination vaccinated person will be medically monitored for approx. 30 minutes in order to directly respond to possible allergic reactions or indisposition.
- You will be vaccinated for the second time at the same place and in the same way.
- The second appointment is scheduled for the latest possible date so more people can be vaccinated for the first time.
- You will be vaccinated in medical practices from the end of March / beginning of April.

Issued by

Ennepe-Ruhr-Kreis
County District Commissioner
Hauptstraße 92, 58332 Schwelm
www.en-kreis.de



Ennepe-Ruhr-Kreis

If you don't want to receive this newsletter any longer, send an e-mail to ki-corona@en-kreis.de or call 02336/4448-172

Contact:

Communal Integration Centre of the Ennepe-Ruhr-Kreis

Mail: ki-coronainfo@en-kreis.de

Web: <http://www.enkreis.de/bildungintegration/kommunales-integrationszentrum.html>

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