

Gesundheitsamt

Coronavirus An information by public health department (Cited 26 February 2020)

Dear Fellow Citizens,

Because of the further spreading of the coronavirus, the Weilheim-Schongau health department provides the following information:

Please expect the coronavirus spreading in our area as well

Currently authorities are trying to slow down and reduce the spreading of the virus. One important reason is that the coronavirus infection shall not coincide with the peak of the seasonal influenza. Please find the following tips to prepare for the situation.

1. Please analyze your personal situation

The same advice might be not helpful or important for anybody. An analysis of your personal situation allows you to estimate which steps should be taken: How old are you? Do you suffer from any pre-existing conditions? Are there children or dependent relatives to be cared for?

Please check, depending on your personal life situation, which of the following advices is good for you.

2. It is essential to observe the rules of hygiene

- Proper hand washing: regularly, for at least 30 seconds, thoroughly using water and soap
- Sneeze or cough into your elbow or a disposable handkerchief rather than into your hands.
- Alternative handles: Use your knuckles for pressing the lift buttons and your elbows for pressing the door handles.
- Try to break with touching your face with your hands.
- Those who are very afraid of infection should avoid close physical contact particularly with strangers.

3. Get vaccinated against seasonal influenza

Being vaccinated against seasonal influenza avoids a double infection of influenza and corona at the same time. As experience shows a corona infection will be more severe when the immune system is already weakened by other diseases.

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4. Take arrangements in case of disease

Note down important phone numbers (family doctor, emergency medical service, hotline number of public health service, pharmacy).

If you are taking medication regularly, make sure it is available in sufficient quantities.

Please keep in mind that schools or kindergartens might be closed. In case you need to go to work, organize a day care at an early stage. Talk to friends, relatives or organize a neighborhood help.

5. Please accept restrictions

Currently no one knows exactly how fast and where the coronavirus is going to spread. The authorities are constantly analyzing the current situation. They shall take appropriate measures however in the least restrictive way for public life.

In case the authorities issue travel warnings, close schools or public institutions, restrict public transport or seal off areas, we ask you to accept it. Such drastic measures would be a significant restriction in public life. Please assume that the authorities do not take such decisions lightly. They might even repeal the decision quickly if all people follow the regulations.

6. Gather independent information

Currently the media is full of information about the coronavirus. Not all is carefully researched. It is therefore best to use reliable sources, such as

<https://www.infektionsschutz.de>

<https://www.infektionsschutz.de/leichte-sprache.html>

operated by the Federal Office for Health Education

or

<https://www.stmgp.bayern.de>

https://www.stmgp.bayern.de/?lang=de_ls

operated by the Bavarian State Ministry for Health and Care

For all citizens Weilheim-Schongau health department has set up a hotline.

Contact number is +49 881 681 17 17

Due to high demand waiting periods must be taken into account.

In any case you'll find important information online at

<https://www.infektionsschutz.de>

or

<https://www.infektionsschutz.de/leichte-sprache.html>