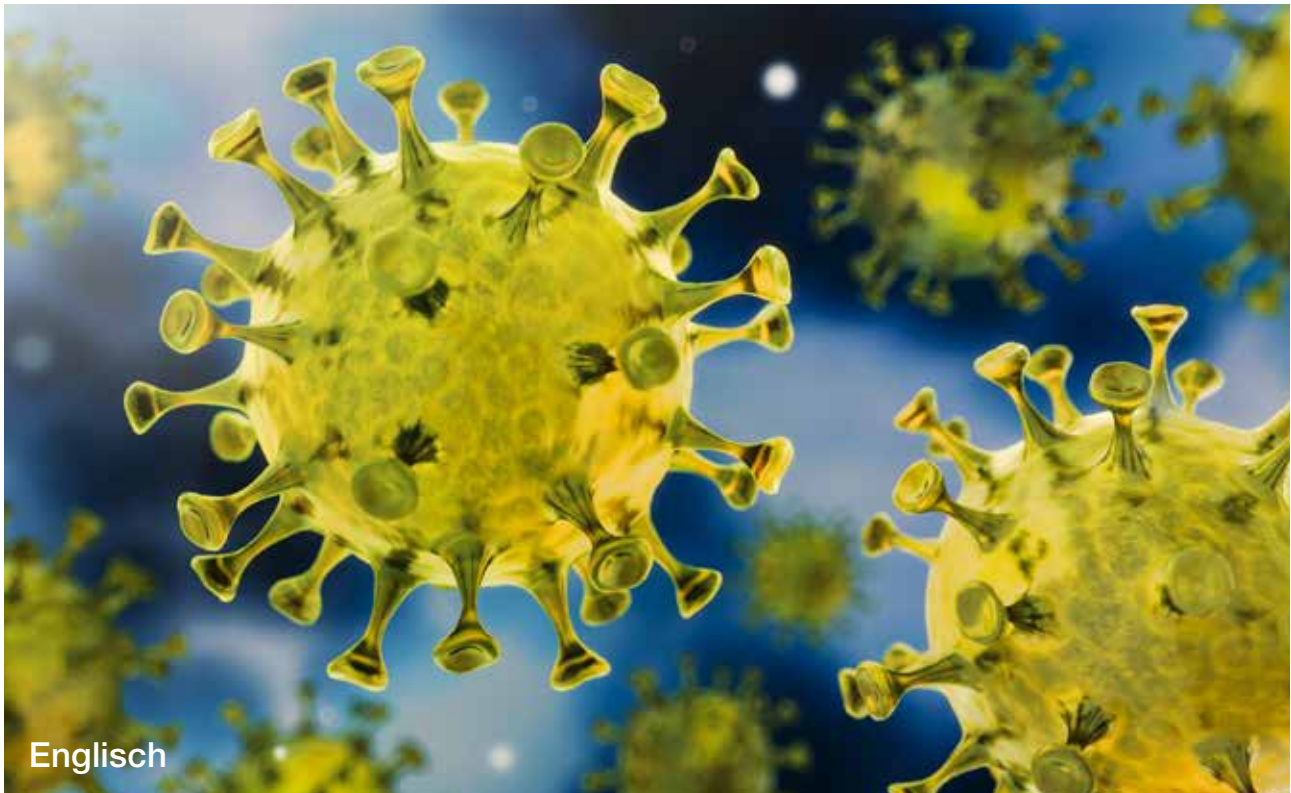


Coronavirus SARS-CoV-2

Rules and support



- Coronavirus rules
- Testing options
- Travel regulations
- Vaccination
- Support services
- A letter to persons with a positive test result for coronavirus
- A letter to close contacts of those affected



Coronavirus rules in Munich

Due to the high number of coronavirus infections, a lockdown has been imposed on the whole of Germany until April 18th. It entails the restriction of movement and social restrictions. You must comply with these rules.

Governments have decided on a plan to relax coronavirus restrictions step by step. Each step is linked to the 7-day incidence rate falling below a certain value. The 7-day incidence rate is the number of new coronavirus infections per 100,000 inhabitants within the last 7 days.

Current rules are linked to 7-day incidence rates of 50 or 100. Different rules apply for incidence rates below 100 (new infections) than for incidence rates below 50.

In locations with 7-day incidence rates above 100, a curfew applies between 10 pm and 5 am.

When 7-day incidence rates are under 100, restrictions are relaxed step-by-step.

You can obtain the **current 7-day incidence** rate on the Capital City of Munich's official internet portal. You will find a yellow table there, with the applicable rate listed on the right-hand side.

www.muenchen.de/rathaus/Stadinfos/Coronavirus-Fallzahlen.html

The Bavarian State Ministry for Health and Care Services provides up to date information on the regulations currently in force, and their duration. www.stmgb.bayern.de/coronavirus

Compulsory face masks

A protective mask must always be worn between 9 am and 9 pm in the following locations: Old Town/ pedestrian zone, Sendlinger-Tor-Platz, Rosental between Sendlinger Straße and Rindermarkt, Rindermarkt, Viktualienmarkt, Dienerstraße, Schrammerstrasse, Landschaftstraße, Schützenstraße, in the Tal and on the lower level of the Stachus.

Signage reminds of compulsory face masks.

FFP2 masks must be worn everywhere in shops, medical practices, aged care and nursing homes, during religious services, as well as on all U-Bahn and S-Bahn trains, other trains, trams and buses.

Many people in need are given FFP2-masks free of charge. Please enquire at your group accommodation facility or at the Sozialbürgerhaus (citizen's social centre).

Social restrictions

Rules for private gatherings depend on the 7-day incidence rate.

The following applies for incidence rates above 100: Private gatherings are limited to the members of one's own household and no more than one other person, including their children up to the age of three years.

The following applies for incidence rates below 100: Permitted are gatherings of no more than 5 persons from two households, plus any children below the age of 14 years belonging to these households.

This rule applies to the home and to public spaces.

Private mutual child care arrangements for children under 14 years of age are permitted as long as no more than two households are involved.

Celebrations in public spaces and facilities are prohibited, regardless of the number of people participating.

Restrictions of movement

Across the whole of Bavaria, leaving your home is permitted only for important reasons. During the period when social restrictions are in force, this includes work, care or study commitments, shopping, visiting relatives, and sport and exercise.

Further information is available from the Bavarian State Ministry for the Interior.

stmi.bayern.de/miniwebs/coronavirus/faq/



Visiting aged care and nursing homes

All visitors must produce a current negative coronavirus test result, or undergo supervised rapid antigen testing directly on site.

Visitors must wear an FFP2 mask.

Attending to and supporting the dying is permitted at any time.

Gastronomy and alcohol

Restaurants, eateries, bars and pubs will remain closed. However, meals may be delivered or picked up.

Outdoor gastronomy is intended to be reopened in a further step.

Drinking alcohol is prohibited in all locations where the wearing of FFP2 masks is compulsory. This applies e.g. to the Old Town and the Viktualienmarkt.

Schools and child care

Child care centres and day care services (Kitas) are open as long as the 7-day incidence rate does not exceed 100.

Alternating school attendance (Wechselunterricht) or full attendance (Präsenzunterricht) is permitted for primary schools, special needs education schools, and all final year levels.

Alternating school attendance is to apply to all pupils when incidence rates are between 50 and 100. If the rate drops below 50, full attendance is to apply to all primary and special needs education schools, while alternating school attendance is to apply to all other pupils.

Alternating attendance means that students take part in lessons by alternating between attending the school campus and distance learning.

The minimum distance rule (1.5 meters) must be observed.

The Bavarian State Ministry for Education and Culture offers general information about school operations for 2021 in a range of languages. www.km.bayern.de/allgemein/meldung/7011/informationen-zum-schuljahr-202021-in-anderen-sprachen.html

There is no face-to-face teaching at **Universities**.

Music schools and **driving schools** are open, as long as the 7-day incidence rate remains under 100. Digital teaching services on the internet are possible.

Events and leisure activities

Events of any kind are prohibited. Exceptions are demonstrations and religious services (all religions).

Please comply with the following rules:

- **Religious services:** Maintain a distance of at least 1.5 meters from other people. Wear an FFP2 mask, even when seated! Communal singing is prohibited.
- **Demonstrations:** Maintain a distance of at least 1.5 meters from other people. Wear a suitable protective mask.
- **Cultural and leisure facilities:** museums, galleries, zoos and memorial sites may open when incidence rates are under 100. However, pre-booking (online) is required. Libraries, archives and lending libraries open when incidence rates are under 100. The Munich adult education institute (Volkshochschule) expects to offer in-person classes again from 12th April 2021.
- **Sports facilities:** sports facilities and gyms are partly closed. Recreational sports in groups are permitted when incidence rates are under 100. However, you may pursue sports or exercise outdoors alone, in pairs, or with members of your own household at any time.
- **Professional sporting events:** these, e.g. football games, take place without spectators.
- **Trade fairs, conferences and meetings:** these are not taking place.
- **Tourism:** no overnight accommodation services for touristic reasons or excursions.

Further information is available from the Bavarian Ministry for the Interior.

www.corona-katastrophenschutz.bayern.de

Shops and services

Most shops in Munich will open for pre-booked appointments.

Online sales with pick-up (Click&Collect/Call&Collect) are permitted if hygiene rules are complied with.

Some personal and body care services have reopened.

Currently open are:

- Shops to sell groceries and products of daily supply, and businesses that provide important services (e.g. baby supplies stores, chemists, pharmacies, automotive repair services and banks). Wholesale trading remains open.
- Markets (bazaars) for the sale of groceries
- Pawnbrokers
- Garden centres and hardware stores, tree nurseries and florists
- Bookshops
- Hairdressing, pedicure, manicure and cosmetics salons
(Massage and tattoo parlours remain closed)

Permitted are **medically necessary treatments** in doctors', dentists' and other practices. This also applies to physiotherapy, occupational therapy, speech therapy and podiatry practices.

During lockdown, access to the offices of **Munich City Council administration** is limited. You must always wear a suitable protective mask on City Council premises. Maintain a distance of at least 1.5 meters from other people.

Crowding should be avoided on Council premises to protect from infection.



With the corona alert app (Corona-Warn-App), you can be informed anonymously and quickly if you have been in the vicinity of an infected person.

The app is available for download free of charge from the app store or from Google Play.

Testing options/contact with infected persons

If you are attending a medical practice or testing centre, you must wear an FFP2 mask.

Maintain a distance of at least 1.5 meters from other people.

What you need to know about coronavirus testing in the **City of Munich**:

- **Coronavirus testing** is available in medical practices. Persons with symptoms (signs of illness) such as fever, cough, or shortness of breath can obtain testing at their doctor's practice.

Testing is also available to persons without health insurance. You must make an appointment by phone ahead of time. Then you can attend the medical practice.

Don't forget your FFP2 mask and your health insurance card!

You can find medical practices on the internet at 'Arztsuche für Coronavirus-Test'.

<https://dienste.kvb.de/arztsuche/app/such-ergebnisse.htm?hashwert=a126d5d04b692b-87be6ccbe3b2717826&lat=48.1351253&lng=11.5819805&zeigeKarte=true>

- **If the coronavirus warning app (Corona-Warn-App)** shows 'elevated risk' in red, please make an appointment at your doctor's practice by telephone.

- **The State Capital of Munich Testing Centre** on Theresienwiese offers coronavirus testing, whereby you attend in your own passenger vehicle without leaving the car ('drive through'). Testing is free of charge for Munich citizens. Bring a protective mask (FFP2), and your health insurance card if you have one.

Please only attend the testing centre after having made an appointment ahead of time. The appointment time will be confirmed by SMS and email. Please register on the internet with your mobile telephone number and your personal email address.

www.corona-testung.de

- **The "Bereitschaftspraxis Infekt"** on-call infectious disease service is also located on Theresienwiese (in the Behördenhof, Matthias-Pschorr-Straße 4).

Patients may attend with no appointment needed. Please bring an FFP2 mask, and your health insurance card if you have one. Open seven days per week:

Monday, Tuesday and Thursday from 6pm to 9pm, Wednesday and Friday from 4pm to 9pm, Saturday, Sunday and public holidays from 10am to 9pm.

- **Rapid testing:** As part of 'citizen testing' ('Bürger-testungen'), each person may access one rapid antigen test per week free of charge.

These rapid tests are available in pharmacies intended for this purpose, and at private testing centres.

To find out where you can get a rapid test, go to:

- Overview of participating pharmacies

www.stmgp.bayern.de/coronavirus/bayerische-teststrategie/#coronatest_apotheke

- Overview of participating private testing centres

www.muenchen.de/rathaus/Stadtverwaltung/Referat-fuer-Gesundheit-und-Umwelt/Infektionsschutz/Neuartiges_Coronavirus/Teststationen-in-Muenchen-mit-Schnelltests.html

If you receive a positive test result, you must isolate immediately (quarantine) and inform the Munich Office for Public Health (Gesundheitsamt).

Contact details for the Office of Public Health (Gesundheitsamt):

Ph. 089 233 96333

Email: infektionsschutz.gsr@muenchen.de

If a mutated variant of the virus is detected, a mandatory quarantine period of 14 days applies in all cases.

In addition, a negative test result must be presented on day 14.

As a contact of an infected person (KP 1), you must remain in home quarantine for 14 days.

Travel regulations

Avoid all travel if possible (e.g. family visits, visiting your homeland). Please comply with all regulations and obligations when you enter Germany from a **risk area or an area with coronavirus variants:**

- You can find a list of risk areas on the internet. www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html
- If you enter Germany from a risk area, you must complete an arrivals form on the internet before arrival in Germany. You then receive a confirmation document (PDF). You can fill in the arrivals form online. www.einreiseanmeldung.de/#/register
- In addition, all arrivals from risk areas must present a negative test result (PCR or rapid antigen test) to the Office for Public Health (Gesundheitsamt) responsible within 72 hours. The test must not be older than 48 hours and must be submitted to the Office for Public Health (Gesundheitsamt) by email: corona-einreisende.gsr@muenchen.de
- If you have arrived from a risk area, you must immediately enter home quarantine for 10 days. The quarantine period can only be shortened through a negative coronavirus test after five days at the earliest.
- Exceptions to compulsory quarantine apply in certain cases. The Federal Department of Health provides information on this in many languages. www.bundesgesundheitsministerium.de/coronavirus-infos-reisende/merkblatt-dea.html
- If typical symptoms (signs of illness) of SARS-CoV-2 coronavirus infection appear within ten days of arrival, a coronavirus test must be performed. You must attend a medical practice or testing centre to obtain the test. Typical symptoms include cough, fever, runny nose and loss of the sense of taste and smell.

- A temporary transportation (flights, trains, buses, ships) and entry ban for Germany applies to travellers from countries with severe spread of particularly infectious variants of the coronavirus (coronavirus variant risk areas). It applies to air, rail, bus, maritime and all other traffic.
- The following countries are currently designated coronavirus variant risk areas: South Africa, Brazil, Lesotho, Eswatini, Botswana, Malawi, Mozambique, Zambia and Zimbabwe. The Département Moselle in France is also in this group. (Current 01/04/2021) www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html
- Several exceptions exist, e.g. for all German citizens and foreigners working in key occupations (systemrelevante Berufe) residing in Germany, as well on humanitarian grounds. A negative coronavirus test result must be produced on arrival. Further information is available from the Robert Koch Institute (RKI). www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html;jsessionid=D085F91FDA3095C4C748A27D1DF9EAD8.internet102?nn=2386228

Vaccination

Vaccination is voluntary and free of charge. Vaccines will not be available to all citizens at first.

From January 2021, **City of Munich mobile vaccination teams** have begun immunising the most vulnerable groups.

Residents and personnel of aged care and nursing facilities receive the vaccine against the coronavirus SARS-CoV-2 first. Vaccination of those over 80 years of age takes place at the vaccination centre located at the Riem exhibition centre.

You can register for a coronavirus vaccination on the internet. You will be informed automatically as soon as it is your turn. At this time, only persons in high priority groups are being considered.

To register for the coronavirus vaccination, please use the internet pages of the Bavarian vaccination centres at [impfzentren.bayern](https://www.impfzentren.bayern)

When registering for vaccination, please ask someone who speaks German well to help you. This is important if you are, for example, unwell or live in a group accommodation facility – you may be able to get an earlier appointment.

General practitioners will also provide vaccination, probably from mid-April.

The City has put in place a **vaccination telephone line**. Munich residents without access to the internet or an email address can register there.

Ph. 089 90429-2222

According to estimates by the Federal Department of Health, it will not be possible to vaccinate the entire broader population before the summer of 2021.

Current information on the COVID-19 vaccination with an mRNA vaccine is available in many languages from the Robert Koch Institute (RKI):
www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Aufklaerungsbogen-Tab.html

The State Ministry for Health and Care Services provides information on the Bavarian vaccination strategy.

www.stmgp.bayern.de/coronavirus/haeufig-gestellte-fragen/#Schnellsuche

Information and support services

Coronavirus information

Das Gesundheitsamt München (Munich Office of Public Health)

Online information in many languages:
muenchen.de/corona

Munich City Corona Hotline (Servicehotline Corona der Stadt München)

Information over the telephone: 089 23396333

COVID Alliance – Multilingual Online Information

Coronavirus information with downloads and pocket guides for smartphones in over 30 languages.
Website: www.COVID-Information.org

Ethno-Medical Centre Inc. (Ethno-Medizinisches Zentrum e.V.)

Tips against stress in the family in times of corona, available in 26 languages at
<https://mimi-gegen-gewalt.info-data.info/>

Federal Centre for Health Education (BZgA)

Information about coronavirus and COVID-19 disease in many languages. Website:
infektionsschutz.de/coronavirus/materialienmedien/informationen-in-anderen-sprachen.html

Support services

Krisendienst Psychiatrie Oberbayern (Upper Bavarian Psychiatric Crisis Service)

Help with mental problems for those affected and their relatives. Charges are no more than 0.60 euro per call. Available 24 hours. Ph. 0180 6553000

Isar-Amper-Klinikum, Klinikum München Ost

For people who have to attend a psychiatric hospital. Appointments by telephone: 089 45620
Website: kbo-iak.de/index.php?fs=0

Telefonseelsorge (Pastoral Care Line)

Worries, problems or suicidal thoughts? The people on the pastoral care line will listen to you.
Ph. 800 1110111 or 0800 1110222.

You can also write an email or use the online chat.
Register on the internet: online.telefonseelsorge.de
Information on counselling in other languages:
telefonseelsorge.de/international-helplines/

Münchner Insel

Crisis and life counselling over the telephone in German and English, anonymously if desired.
Counselling by video link available from mid-January 2021. Face-to-face counselling sessions available in urgent cases and by appointment.
Ph. 089 220041 or 089 21021848

Hilfetelefon Gewalt gegen Frauen (Violence Against Women Helpline)

Assistance for women regarding problems with violence. Female counsellors also assist with finding a women's shelter. Free and anonymous counselling in 17 languages. Available 24 hours.
Ph. 08000 116016
Website: hilfetelefon.de/das-hilfetelefon.html

Trauma Hilfe Zentrum München e.V. (Trauma Assistance Centre Munich Inc., THZM)

Helps when terrible things happen. Courses teach how to better cope with the terrible experience.
Register online:
thzm.de/ressourcenorientierte-stabilisierungsgruppen/

Refugio München

Assistance for children, adolescents and adults who had to flee their country of origin. Services: psychotherapy, assistance with asylum claims, and referral to language courses. Assistance with looking for work, study, or housing. Ph. 089 982957 0
Website: www.refugio-muenchen.de

Psychologischer Dienst der Caritas für Ausländer (Caritas Psychological Service for Foreigners)

Free, native language counselling for migrants from Italy, Greece, Spain, Portugal, Latin America, Croatia, Serbia, Bosnia, Russia and Turkey. Services regarding issues of parenting, partnerships, separation and divorce. Also, socio-psychiatric care and life counselling. Counselling available by telephone or online. Ph. 089 2311490
Email: pds@caritasmuenchen.de

Psychologischer Dienst der Arbeiterwohlfahrt München (AWO) (Psychological Service of the Worker's Welfare Organisation Munich)

Free psychotherapeutic counselling in Bosnian, Croatian, Serbian and Turkish. Individual and group counselling on issues regarding parenting, marriage, family and personal crisis situations. Information about services and multilingual brochures:
Email: psych.migration@awo-muenchen.de
Website: awo-muenchen.de/migration/psychologischer-dienst

Donna Mobile

Counselling for women, families, children and adolescents on issues regarding migrant health and employment (also by telephone):

- Social work counselling in German and Turkish.
- Psychological Counselling, e.g. individual, couples' and family therapy in German, Polish, Hungarian, Russian, Spanish, Greek, Bulgarian, Italian, and English.
- Medical advice in German and Turkish.

Ph. 089 505005, Website: donnamobile.org

Ärzte der Welt e. V. (Doctors of the World Inc.) – open.med

Medical assistance and social counselling for people without health insurance. Appointments by telephone from 9:30am to 5pm

Ph. 0177 5116965

Website: aerztederwelt.org/wem-wir-beistehen/hilfe-fuer-patientinnen

Locations:

- Dachauer Str. 161, 80636 München
- Treatment bus at Main Train Station, North Entrance, Arnulfstraße 1–3, 80335 München
- Bayernkaserne, Haus 12, Heidemannstr. 50, 80939 München

Malteser Hilfsdienst/Malteser Medizin für Menschen ohne Krankenversicherung (Malteser Assistance Service/Malteser Medical Service for People without Health Insurance)

Provides people without health insurance with treatment by doctors or medical professionals. For example in emergencies, for injuries, during pregnancy. Available are paediatricians, dentists, GPs and a women's clinic.

Please make an appointment: Ph. 089 43608411
Address: Streitfeldstr. 1, 81673 München
malteser.de/fileadmin/Files_sites/Fachbereiche/Migranten-Medizin/Downloads/Flyer MMM.pdf

Refugee Stairway Center (Diakonie München und Oberbayern)

Assistance with accessing integration services such as contact with authorities, reception centres, and group accommodation facilities.

Appointments: Ph. 089 1269915102

Email: rsc@im-muenchen.de

Migrationsambulanz (Outpatient Migration Services, LMU), Klinik für Psychiatrie und Psychotherapie der Universität München (Munich University Psychiatric and Psychotherapeutic Hospital)

Assistance for people with a migration background and mental health issues or psychiatric illness. Counselling available in several languages.

Treatment for:

- Depression, manias, psychoses
- Post-Traumatic Stress Disorder
- Adjustment disorders and anxiety
- Addictions

Appointments: Ph. 089 440053307

Email:

Migrationsambulanz.LMU@med.uni-muenchen.de

Address: Nussbaumstraße 7, 80336 München

IN VIA KOFIZA

Services, activities, events and assistance with public authorities. For women migrants 18 years and older from Africa, Asia, Europe and Latin America. Counselling for all women – independent of nationality, religion, and language.

Ph. 089 5488895 0

Email: kofiza@invia-muenchen.de

Sozialdienst katholischer Frauen (Catholic Womens' Social Service, SkF)

Support and Counselling for women in emergency situations, counselling for (underage) pregnant women, young families, mother-child-shelters, and accommodation for homeless women.

Ph. 089 55981-0

Website: skf-muenchen.de/

Katholischer Männerfürsorgeverein e. V. (Catholic Men's Support Association Inc., KMFV)

Assistance and personal counselling in case of homelessness, addiction, delinquency, and unemployment.

Website: kmfv.de/einrichtungen-und-dienste/einrichtungssuche/index.html

Letters from the State Capital of Munich

DIE ARCHE – Beratung für Suizidgefährdete (THE ARK – Suicide Risk Counselling)

Counselling for adolescents and adults who are no longer coping with life, no longer want to live. ARCHE counsellors assist people with suicidal thoughts and their relatives.

Appointments: Ph. 089 334041

Website: die-arche.de/

Suchthotline – Telefonberatung zu Suchtproblemen (Addiction Hotline – Telephone Addiction Counselling)

Counselling in case of addiction, e.g. alcoholism. For those affected and their relatives in German, English, French, Spanish, and Italian. Telephone and email counselling. Ph. 089 282822,

Email: kontakt@suchthotline.info

Website: suchthotline.info

BZgA – Telefonberatung zur psychischen Gesundheit (mental health telephone counselling)

Free counselling on mental health problems. Monday to Thursday, 10am to 10pm. Friday to Sunday, 10am to 6pm.

Ph. 0800 2322783

Website: infektionsschutz.de/coronavirus/psychische-gesundheit.html

For persons who are ill or infected

Have you been tested positive to the novel coronavirus (SARS-CoV-2) or are ill with the respiratory disease COVID-19?

A letter to you from the City of Munich.

General ruling, fact sheet and data collection form.

www.mimi.bayern/index.php/muenchen-corona-alltag#flyout1

For close contacts of those infected or ill

Are you a contact person or family member of someone infected with coronavirus (SARS-CoV-2) or ill with COVID-19?

A letter to you from the City of Munich.

General ruling, fact sheet and data collection form.

www.mimi.bayern/index.php/muenchen-corona-alltag#flyout2

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www.mimi.bayern

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