



Bundesministerium
für Gesundheit

Zusammen
gegen Corona



Together against Corona:

**How we can protect
ourselves against
the coronavirus**

1. Vaccination helps:

The coronavirus vaccination offers the best protection

Getting vaccinated provides the **best protection** currently available against COVID-19 and its consequences.

The more people are vaccinated, the harder it becomes for the coronavirus to spread. And we can prevent infections that could lead to severe illness or death. Coronavirus vaccination is free for all citizens.



Several **safe and effective COVID-19 vaccines** are available in Germany. Find an overview of all COVID-19 vaccines authorised in Germany here: www.pei.de/EN/medicinal-products/vaccines-human/covid-19/covid-19-list-1.html

The Standing Committee on Vaccination (STIKO) recommends all people aged 5 or over and toddlers with pre-existing conditions aged 6 months or over to be vaccinated against COVID-19.

Infants and toddlers aged between 6 months and 4 years **with pre-existing conditions** are recommended a full basic immunisation with an mRNA vaccine authorised for their age group (two or three vaccine doses depending on the respective vaccine). For **healthy children** aged between 5 and 11 years, a **single vaccine dose** is recommended. Healthy children with **contact to people at high risk of a severe course of disease** should receive a basic immunisation (two vaccine doses, generally 3 to 6 weeks apart).

For children with **pre-existing conditions** and an increased risk of severe COVID-19 illness, a **basic immunisation** as well as a **booster** after 6 months are recommended. In addition, they should receive a **second booster** after another 6 months.

For all people from the age of 12, **two vaccine doses** are recommended for a **basic immunisation**, followed by a **booster within 6 months of the second vaccine dose**. This recommendation also applies to pregnant women from the second trimester of pregnancy. A person must have received a total of three vaccine doses to be considered “fully vaccinated”.

For those **60 and older**, children **from the age of 5, who are at a higher risk of severe COVID-19 illness** due to a pre-existing condition, as well as **residents** and care recipients at care facilities and **staff of medical and care facilities**, a second booster is recommended. It should be administered at least 6 months after the first booster or coronavirus infection. In specific justified cases, this interval can be shortened to 4 months.

The yellow paper vaccination booklet, a confirmation of vaccination issued by the doctor or centre that performed the vaccination and the digital vaccination certificate all count as **proof of vaccination**.

Further information on the recommendations, e.g. for recovered individuals, as well as booking an appointment for vaccination and the process itself are available at www.zusammengengencorona.de/en

2. The combination is key:

Protection against infection with the DHM+A+A rules

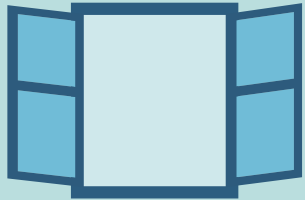
In addition to the coronavirus vaccination, we can help protect ourselves by:



- **D**istancing: Always maintain a distance from others, no matter if you are shopping, using public transport or waiting in line – ideally more than 1.5 metres.
- Paying attention to **H**ygiene: Cough or sneeze into the crook of your arm and maintain continued and thorough hand hygiene: Wash your hands with soap for at least 20–30 seconds.
- **M**asking up: In certain situations, above all when there is little room and a safe distance cannot easily be kept, wear a face mask correctly over your mouth and nose.



- **Airing:** Make sure that rooms are well aired, since coronaviruses can even spread via minuscule droplets (aerosols) that are expelled when speaking or exhaling and which, in enclosed spaces, may remain suspended in the air for a long time. Rooms should be aired through *Stoßlüftung* (impact ventilation) by opening the windows wide. An even more effective form of airing involves *Querlüftung* (cross ventilation), where windows and/or doors opposite one another are opened.



- **Using the App:** The Corona-Warn-App quickly and anonymously informs us in case we spent time in an infected person's vicinity and we can warn others if we have been infected ourselves.

Important: Local regulations may differ in response to prevailing coronavirus infection rates. Therefore, you should observe the rules that apply in your region.

3. Getting tested:

For ourselves and for our loved ones

We all wish to stay healthy. If you feel ill and are experiencing symptoms, you should seek medical attention. Older people and those with pre-existing conditions require special protection, since they are susceptible to developing severe symptoms in the event of a COVID-19 infection. Therefore, you should do a self-test before visiting your grandparents, since you could have contracted the virus without knowing.



Over-the-counter **self-tests** are available in pharmacies, drugstores and shops. They are easy to use and anyone can do them at home. The packaging leaflet provides a detailed step-by-step description of how to take the sample, perform the test and interpret the test result.

At test centres, pharmacies or doctors' practices, professional **rapid antigen tests** are performed by trained staff directly at the point of care. In addition, other methods are available, such as laboratory-based **PCR** testing that detects the presence of the viral genome.

Important: A negative test result is only ever a momentary snapshot that can change from one moment to the next. Therefore, you should still adhere to the hygiene rules and protective measures (DHM+A+A rules). Find information about what to do if you receive a positive test result at:

www.zusammengegencorona.de/en

4. To protect everyone:

Take isolation rules seriously

We do not want to endanger our family and friends. Therefore, we should avoid contact with others and stay at home should we notice symptoms of a coronavirus infection. Symptoms may include a fever, cough, runny nose, headache and aching limbs, fatigue, a sore throat or loss of smell and taste.



If you develop **symptoms**, you can call your doctor's practice, the local coronavirus hotline or a fever outpatient clinic. At night and on weekends or holidays, you can also call the on-duty medical service by dialling the number 116 117 from anywhere within Germany. They will inform you on what to do next.

In life-threatening emergencies, you should dial 112.



In case of a coronavirus infection that is officially confirmed, for instance by a PCR test result, you should **self-isolate**, i.e. avoid all contact with other people. This is important to avoid passing on the virus. Please inform your most recent contact persons that you have been infected with coronavirus and call your **public health office**.

They will tell you what you need to do and what to bear in mind. To find your local health office, check:

tools.rki.de/PLZTool/en-GB.

The **duration** of the self-isolation is determined by the Federal Länder. Please check local resources to find out which regulations apply to you. Since it is still possible to infect others even after the self-isolation period has ended, you should test yourself or get tested on a daily basis using an antigen self-test until the result is negative. Until then, you are urgently recommended to avoid any contact with other people. If contact with others is unavoidable, you should at any rate wear a medical face mask (surgical mask) or FFP2 mask.



As a **household contact** of someone who has been infected, you should, of your own accord, test yourself on a daily basis using an antigen self-test for at least five days after the day the infected person falls ill, **minimise** your contact with others and wear a medical face mask when in contact with others. If you start to feel ill, then you should self-isolate immediately and phone your GP to discuss the next steps.

For further information on this topic, see www.zusammengegencorona.de/en. We particularly recommend taking a look at the **FAQ**.

Remember: Please also check the specific rules that apply in your Federal Land.

Important: Anyone wishing to enter Germany from another country should make sure to check the information on the current entry and quarantine regulations at: www.bundesgesundheitsministerium.de/coronavirus/infos-reisende/merkblatt-dea.html

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