

## CoronaVirus – Information sheet for city and district of Hof

### TODAY'S CHANGES (20.03.2020)

Starting tonight at midnight there are exit restrictions for the whole of Bavaria. That will change:

- going outside is only allowed in exceptional cases
- the right to visit hospitals and old people's homes has been suspended (exception: someone is dying or is having a child)
- Eating out is forbidden (delivery services, or food to go is still possible)
- DIY stores and hairdressers also close

That's still allowed:

- You may continue to go out into the fresh air for sports or walks BUT ONLY ALONE OR WITH THE FAMILY!
- You may go to the doctor
- Shopping is still allowed
- The workplace may also be visited

**The police will check this and also impose fines on those who do not comply.**

### 1. Information

#### What is the CoronaVirus?

There is currently a new virus form. It's called the Corona virus. This virus is spreading rapidly throughout Europe. In Germany many people fall ill from it too.

For many, the corona virus is very dangerous. In particular for elderly and sick people, but also for people with pre-existing conditions and immunodeficiencies. As few people as possible should be infected at the same time since the virus puts medical care to an enormous stress test. Doctors and Hospitals are overburdened and cannot help sufficiently. The consequence: There are more and more infected persons who could die from this virus.

**Please stay at home. Only leave the house if necessary. Keep your distance to other persons. DON'T GIVE THE VIRUS A CHANCE TO SPREAD.**

Further important information and rules can be found here:

[www.bundesgesundheitsministerium.de/coronavirus/coronavirus-leichte-sprache](http://www.bundesgesundheitsministerium.de/coronavirus/coronavirus-leichte-sprache)

### 2. Current decrees and laws

#### Which rules currently apply in the city and district of Hof?

- From Monday, 16.03.2020: All schools and daycare centres in Bavaria will close. The children must stay at home. This applies for the time being until 19.04.2020.

- From Tuesday, 17.03.20: All recreational facilities in Bavaria as well as playgrounds will be closed for the time being.
- From Wednesday, 18.03.20: The opening hours of various shops and restaurants will change. Some Shops close completely. Food markets, pharmacies, banks and petrol stations will remain opened for you.
- The Jobcenter and the Agentur für Arbeit only offer advice by telephone. A personal consultation is not possible at first. You can call the hotline or send an e-mail. Further information: <https://con.arbeitsagentur.de/prod/apok/service-vor-ort/jobcenter-hof-stadt-hof.html>
- The district administration and town halls in the cities restrict their services. You can also call here or write an e-mail or inform yourself on the official homepage.
- German courses are currently cancelled everywhere. Please inform yourself about the beginning of the course directly at the respective language course provider on various platforms such as their homepage or Facebook.
- Events and dates:  
Small as well as large events are cancelled in the city and district of Hof. Please contact your organizer for further information.

#### Public transport:

- Bus timetable Hof district: Not all buses are running anymore. Currently the holiday schedule for Regional bus Ostbayern in Hof applies from 23.03.20! Entry and exit is only possible via the back door.  
Bus timetable Hof city: Line 1,2,3,4,6 und 7 drive every 60 minutes. Late service of the lines 13, 14, 15, 16, 17 and 18 are not applicable. School buses and booster rides are not applicable as well.
- Bus tickets in the city of Hof can no longer be purchased from the driving staff. Passengers may currently travel without a valid ticket from HofBus GmbH. HofBus asks passengers to pay the fare to:  
Account holder: HofBus GmbH,  
IBAN: DE62780608960000049220,  
BIC: GENODEF1HO1.  
Likewise, trips can be paid after the crisis in the HofBus office.
- Bus plans remain in place until further notice. They can also be found at the bus stops.

#### **Further information:**

- <https://www.ostbayernbus.de/ostbayernbus/view/index.shtml>
- <https://www.stadtwerke-hof.de/oePNV/fahrplan-linien/abfahrtszeiten.html>
- <https://www.stadtwerke-hof.de/oePNV/aktuelle-fahrplanaenderungen.html>
- Phone number public transport Hof city: 09281 812600
- Local train service partly stopped as well. Please inform yourself here: [www.deutschebahn.de](http://www.deutschebahn.de)

### Counselling centres:

- Many counselling centres switched to telephone advice for the time being!
- Please contact them via your phone or their homepage

### IMPORTANT!

The rules and decrees can change very rapidly t the moment. Every day there are new information. Please stay up to date and inform yourself every day.

### 3. News

Where can I get my information from?

Hof City:	<a href="http://www.hof.de">www.hof.de</a>
Hof district office:	<a href="http://www.landkreis-hof.de/coronavirus-wir-informieren/">www.landkreis-hof.de/coronavirus-wir-informieren/</a>
Newspaper:	<a href="http://www.frankenpost.de">www.frankenpost.de</a>
Radio:	<a href="http://www.euroherz.de">www.euroherz.de</a>
Bavarian news:	<a href="http://www.br.de/nachrichten/meldungen">www.br.de/nachrichten/meldungen</a>
News for Germany:	<a href="http://www.tagesschau.de">www.tagesschau.de</a>
Health Department:	<a href="http://www.bundesgesundheitsministerium.de/coronavirus">www.bundesgesundheitsministerium.de/coronavirus</a> <a href="http://www.infektionsschutz.de/coronavirus-sars-cov-2">www.infektionsschutz.de/coronavirus-sars-cov-2</a> <a href="http://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV">www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV</a>

### 4. Correct behaviour

How can I stay safe?

- **Stay at home! Meet as few persons as possible. Don't visit elders or sick persons. Only leave the house for necessities as buying groceries.**
- Wash your hands: Wash your hands often and for long periods of time with soap (for 20 - 30 seconds).
- Coughing and sneezing: Cough and sneeze into a handkerchief or the crook of your arm. Turn away from other people when coughing or sneezing.
- Keep your distance: Keep a distance of one or two metres from other people.
- Do not shake hands or hug anyone.
- Do not put your hands in your face, mouth or eyes.
- Ventilate the rooms regularly.
- **Do not travel by bus or train. Do not go to events. Do not meet with many people.**

## 5. What can I do, when I'm sick?

If you are sick:

**Stay at home. With that you help everyone else and yourself.**

If you have diarrhea, cough or a sore throat: Stay at home!

Don't go to see the doctor. Call your doctor or the phone number: 116 117.

You will receive a notification of illness up to a maximum of seven days by telephone from your family doctor.

If you have first signs of the virus, please contact your family doctor by phone and follow all necessary measures. In addition, a smear on corona can be taken. We also ask you here to follow all official instructions.

**Please inform everyone in your surroundings, if they didn't receive any information or can't read those.**

Symptoms of Corona:

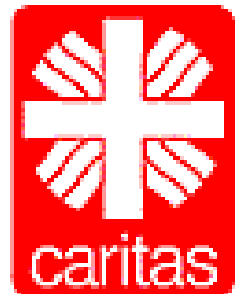
Commonly: cough, fever, breathing problems, a sore throat

Rarely: cold, headache, nausea, diarrhoea, chills

**In the current crisis we wish you and your families all the best, courage and trust! Please stay healthy!**

*Ihr Caritasteam*

JMD Jugendmigrationsdienst  
Caritas Hof  
Marienstraße 56  
95028 Hof  
[www.caritas-hof.de](http://www.caritas-hof.de)



Bitte beachten Sie, die Angaben können sich jeder Zeit ändern, für die Inhalte übernehmen wir keine Haftung.