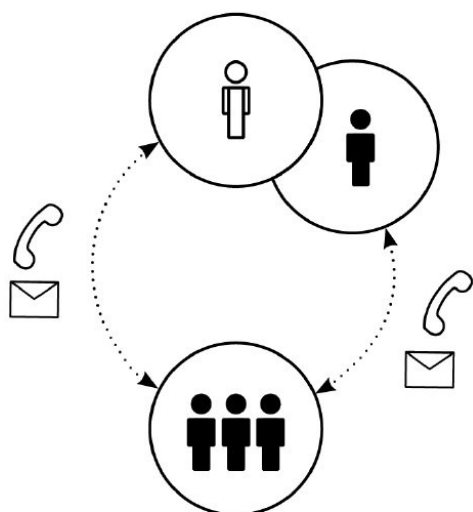


When public life is at rest, humanity continues!

Pay attention to each other and keep contact: Sick or isolated people or people in quarantine will not be forgotten. But for the duration of the present wave of infection all physical contact should be restricted as much as possible.

How can sick people be reached? How can isolated persons ask for help?

Where are you in the Covid-19 infection chain right now?



ORGANISATION e.g. hall/corridor, telegram group, online platform, family.



HELPER – Contacting the person concerned: regularly ask about needs and wishes or the sick or isolated person_s.



SICK/ISOLATED [alone or in a group]: communicates needs and wishes regarding food and care.

Be aware of your own infection, act accordingly preventively and **stay at home**.

Do not forget: prefer short distances.

Protect yourself from infection and document your contacts.

If you get sick as a contact person:

let your telegram group or your family know that you have to stay home and who you have been taking care of. Write a house root note. Currently, sick people must be spared the need to do their own food shopping.

Proven recovered people: we ask for help.



**Respect your body and mind,
allow yourself fresh air and time out.**

Telegram: <https://bit.ly/2Qkdt6H>

Download: <http://covid-19.pa58.de>

mehr Informationen: <https://bit.ly/2TSjGJu>