

Your Local Public Health Authority informs you  
**Important rules for children and adults for your protection**

**You have been diagnosed with Corona!**

From now on you have to stay at home (quarantine).

**You are a Corona contact person!**

You were in contact with a person infected with the Coronavirus. Now you are a Corona contact person. From now on you have to stay at home (quarantine).

1. **No visits are allowed.**
2. Use the room for you alone.
3. Air all rooms. Every 30 minutes.
4. Use the kitchen, the hall, the bathroom and other rooms only for a short period of time.
5. Eat alone.

**Your Local Public Health Authority will observe you during the quarantine!**

1. Do you have to visit the doctor? Ask your Local Public Health Authority.
2. The Local Public Health Authority will call you. Honestly answer all the questions. Please follow the instructions of the Local Public Health Authority.
3. If there are any changes, the Local Public Health Authority will send you a letter.
4. The Local Public Health Authority will terminate your quarantine.

**Your disease has become worse:**

- Call your regular doctor immediately.
- Call the Local Public Health Authority.  
**Phone 02323 / 16-1653.**
- Call the ambulance service outside the opening hours.  
**Phone 112.**
- Say that you have Corona. Show this leaflet.

**You have got:**

- Fever, cough, cold or sore throat; you smell and taste nothing; you feel weak.
- Call the Local Public Health Authority!  
**Phone 0 23 23 / 16 – 38 32**
- Say that you are a Corona contact person. Show this leaflet.

**IMPORTANT!**  
**Follow the rules!**  
**A violation may result in an administrative penalty.**

Further information is available on the internet at:  
[www.herne.de/corona/](http://www.herne.de/corona/)  
[www.youtube.com/watch?v=1SUQTt6q47w](https://www.youtube.com/watch?v=1SUQTt6q47w)