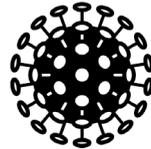


# Stand together

## Stand apart!



**The spread of Corona virus poses enormous challenges for Aachen and her citizens.**

**Very important: The behaviour of each and every individual can contribute to the protection of our elderly and people with underlying health conditions.**

It is hugely important to slow the spread of the virus to prevent the overloading of our health systems. That is why special rules and measures have been put in place. These rules and measures apply for everyone! That also means young people, who will generally only suffer mild symptoms if any. They can, however, still communicate the virus to others in their immediate circle, for whom that could pose a grave danger: they could infect a grandparent or an aunt with a pre-existing health condition.

### **Here is what each and every one of us can do:**

- Maintain social distancing! Stay at home if at all possible!
- Avoid close contact in all situations – including at home, i.e. handshakes or embraces!
- Comply with additional hygiene rules: Wash your hands regularly, cough or sneeze into your elbow or a disposable handkerchief, avoid touching your face!
- Help those that need your help! Make sure elderly family members, neighbours or those with underlying health conditions are looked after and have everything they need, while still maintaining social distancing!
- Avoid using public transport, walk, use a bicycle or your own car for unavoidable trips!
- Avoid any travelling – also within Germany!
- Talk to your employer to organise means for you to work from home wherever possible!
- Stay at home if you have any symptoms of illness until you feel better!
- Avoid visits to public institutions and government offices unless absolutely necessary and make an appointment before you go!
- Stay away from private gatherings!

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