

# Rules to follow, after returning home from a vacation

## After vacation, it is important to clarify...

Who is returning from vacation or any business trip in the next days or weeks during the COVID-19 pandemic, needs to follow these important instructions.

- It is important to pay attention to any **cold symptoms** and to clarify those at the Emergency Medical Services at Tel.: 116 117, your Family Doctor or the Health Department
- Inform yourself if the region that you have been to is on the risk region list. This list can be found on the homepage of the Robert-Koch-Institute [www.rki.de](http://www.rki.de)

## ...especially when returning from a risk region...

If your region was on the **risk list**, then you have specific obligations to follow.

- You have to directly **isolate yourself in a home Quarantine for 14 days**, where you are not allowed to have any visitors from outside of the household. It is also important to avoid any contact with other people. A regulation of the State of Hessen on Quarantine and more precise regulations can be viewed on [www.hessen.de](http://www.hessen.de)
- **You have to notify the Health Department of your return**, this can be done in the comfort of your home fast and easy over “CoroNetz” at [www.mkk.de](http://www.mkk.de) where you then look for “Kontaktformular” under “Sie wollen in die Bundesrepublik Deutschland einreisen?”
- **Protective measures must be taken**, also from those who have not traveled in your household (for example, kids, husband or wife).
- **It is forbidden for you or a member of your household to work or go to sensitive facilities (hospitals, schools, kindergartens, nursing homes, daycare facilities) until verified that you or a member of your household are not infected with the Corona-Virus.** Since July, household members are also to be registered with the following Name, Birthday, School and Work occupation.
- **Get an adequate laboratory test and get advice from a doctor.** It is the only way to clear up the situation for you and your household and the facilities in which you or members of your household are supervised, taught or employed.
- **More information on the requirements and who they affect can be found at [www.mkk.de](http://www.mkk.de)**

**... to protect others!**

In risk areas, as the name states, there is a particularly high risk of getting infected with the corona virus.

Let us stop the spread of one infection becoming more infections.

Together we can protect our daycare centers, hospitals, schools, kindergartens and nursing homes.

**[www.mkk.de](http://www.mkk.de)**