



# Safely through the Winter

The highly contagious Delta variant has now become dominant and winter means life increasingly once more takes place indoors. Too few people are vaccinated to ward off a fourth wave that will lead to a high number of severe infections, thereby placing a heavy strain on the healthcare system. The RKI therefore recommends adhering to the hygiene rules and measures (DHM+A+A) **at least until early 2022, even among people who have been vaccinated or have recovered from an infection, and following 2G or 3G rules.**<sup>[1]</sup> Our behaviour has a decisive impact on the number of infections.



Distance

+



Hygiene

+



Masking up

+



Corona-Warn-App

+



Airing

1

## Protected from severe infection? Get vaccinated!

Vaccination provides the best protection from infection, severe illness and long-term effects (Long COVID/Post-COVID). If I have already been vaccinated or have recovered from infection, in line with the Standing Committee on Vaccination's recommendation I will get a booster jab.<sup>[2]</sup>



2

## Are those around me protected? Help them book a vaccination slot!

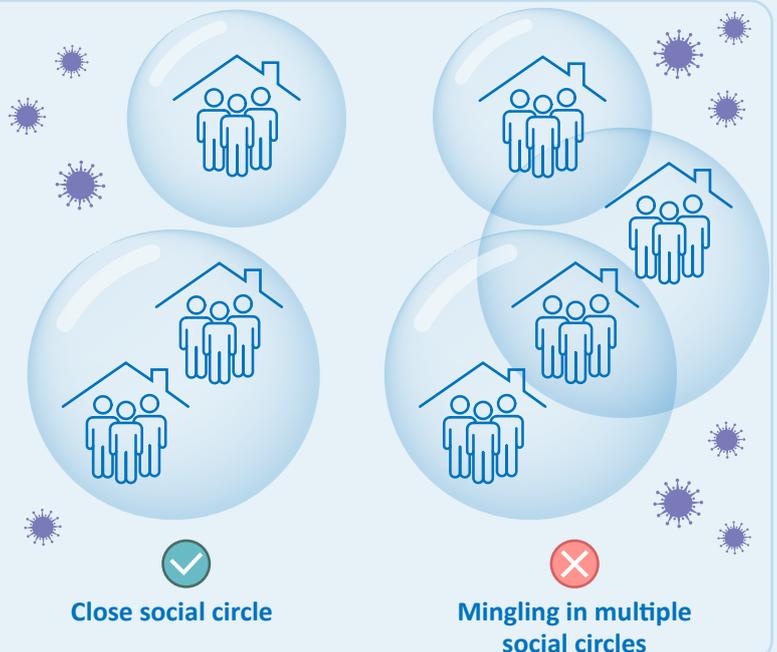
Those around me should be protected from severe infection too: I can help remind the people around me to get the vaccine or a booster shot, support them in booking a slot and accompany them to vaccine appointments.



3

## Meeting others? Reduce the number of people you meet with as far as possible!

I am reducing my contact with others to the bare minimum, for example by returning to working from home and only meeting with people in my social bubble, in other words, I meet with the same people in small groups and avoid contact with people outside of a small setting (e.g. more than two households). By mingling with people in different circles, there is a high risk of the virus spreading.



Close social circle

Mingling in multiple social circles



4

### Contact with risk groups? Only if vaccinated or recovered and with a negative test result!

Within my close circle: People at high risk of a severe course of disease (e.g. older people or people with pre-existing conditions<sup>[3]</sup>) are urged to get vaccinated themselves and should only be meeting with people who have been vaccinated or have recovered from a previous infection and who tested negative that same day.



Negative



5

### Symptoms? Stay at home!

In case of symptoms\*, I stay at home and avoid contact with others. I contact my doctor and get tested at their surgery, even if I am vaccinated or have recovered from a previous infection.<sup>[3]</sup> Experiencing severe symptoms outside of your surgery's opening hours? Call up the out-of-hours patient care services (116117)!

\* For instance: **A cough, temperature or fever, shortness of breath, loss of smell or taste, runny nose, sore throat, headache and sore limbs, general feeling of weakness.** Caution: people who have been vaccinated often only show mild symptoms, but may still be infected!



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### You tested positive? Let others know!

If I get tested (e.g. before contact with risk groups) and my test result ends up positive, I inform those around me in my private and professional life without delay, notify everyone I have recently met (e.g. by sharing the test result via the Corona-Warn-App) and avoid contact with others. If a rapid test ends up positive, I will have it verified with a PCR test.<sup>[3]</sup> Note: Even a negative test result means I need to continue to follow the protective measures. If I belong to one of the risk groups in which an infection is more likely to run a serious course, I will be sure to discuss the possibility of early treatment with my doctor.<sup>[4]</sup>



7

### Indoor gatherings? Better avoid them!

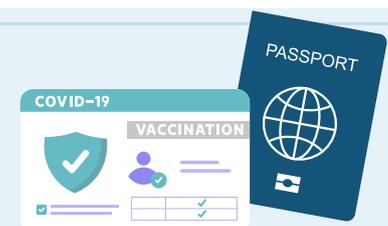
The risk of infection is particularly high indoors. As far as I can, I avoid indoor events and gatherings outside of my social bubble, especially where the DHM+A+A hygiene rules and measures are not followed or where tests and vaccination certificates are not checked. If I stay in an enclosed space for longer periods nonetheless, I check in using the Corona-Warn-App.<sup>[5]</sup>



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### Travelling? Observe the entry regulations!

Travelling less will help stem the spread of the virus. If I decide to travel to Germany from abroad all the same, I observe the entry regulations: Anyone aged 12 or over must provide proof of vaccination, recovery or a test result.<sup>[6]</sup>



#### Sources and additional information

[1] RKI's ControlCOVID plan: [www.rki.de/control-covid](http://www.rki.de/control-covid)

[2] Qs on vaccination: [www.rki.de/covid-19-faq-impfen](http://www.rki.de/covid-19-faq-impfen)

[3] RKI's National Testing Strategy: [www.rki.de/covid-19-teststrategie](http://www.rki.de/covid-19-teststrategie)

[4] Risk groups: [www.rki.de/covid-19-risikogruppen](http://www.rki.de/covid-19-risikogruppen)

[5] Flyer: What risk do I face by going to a 2G or 3G event this autumn/winter? [www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Downloads/Flyer-2G3G.html](http://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Downloads/Flyer-2G3G.html)

[6] Entry conditions: [www.rki.de/covid-19-risikogebiete](http://www.rki.de/covid-19-risikogebiete)