

Staying healthy together!

Leaflet on how to behave during the coronavirus epidemic

We place utmost importance on the health of our participants and course leaders. For your own safety and the safety of others, please observe the following instructions:



Maintain a social distance of at least 1.50m wherever you are and at all times.

Do not gather in groups during the breaks.



Wear a face mask if it is not possible to maintain the required social distance.



Observe the markings for route guidance and distance.



Wash your hands regularly and thoroughly, for at least 20-30 seconds with water and a liquid soap. If this is not possible, disinfect your hands thoroughly.



Observe coughing and sneezing etiquette: Cough or sneeze into the crook of your arm or into a tissue.



Avoid touching, hugging or shaking hands.



If you feel ill (e.g. fever, dry cough, breathing problems, loss of sense of taste/smell, sore throat or aching limbs), stay at home or leave the Volkshochschule school premises.



If you suspect you are infected with COVID-19, please inform the local health authority.

Thank you for your cooperation!