Corona virus: The situation in Heidelberg

Where can I turn to if I have questions?

The public health department of the Rhein-Neckar District has set up a telephone hotline. The public health department is also responsible for Heidelberg. If you have questions, you can call the hotline at 06221 522-1881 from Monday to Sunday between 7.30 a.m. and 9 p.m.. Information is also available online at www.rhein-neckar-kreis.de.

The State Health Authority has also set up a citizen hotline for the corona virus at 0711 904-39555 (9 a.m. to 4 p.m.). Online information is available there at www.gesundheitsamt-bw.de.

The Robert Koch Institute provides up-to-date information on its website: www.rki.de. The Robert Koch Institute is the central institution of the Federal Government in the field of disease monitoring and prevention. (The information is provided in English)

What should I do in view of the Corona cases Baden-Württemberg?

Please take note of the following behavioural guidelines from the health authorities:

Wash your hands. Hands are the most common transmitters of contagious infectious diseases. Therefore: Wash your hands regularly and thoroughly (at least 20 to 30 seconds), then dry them carefully. More important than the water temperature is the duration of hand washing and the thorough soaping of the hands.

Observe common etiquette when coughing and sneezing. Simple hygiene rules protect others from infection: When sneezing and coughing, do not hold your hand in front of your mouth and nose, but sneeze and cough into the crook of your arm or, even better, into a handkerchief. Keep a distance of at least one meter from other people and turn away. Then wash your hands thoroughly.

Keep your distance from sick people. Avoid close physical contact, wash your hands thoroughly after contact with sick people and refrain from shaking hands in case of illness.

The public health department recommends that you consult with your employer regarding the possibility of minimizing the risk of infection, also in relation to the flu epidemic, by working from home, for example.