Eight simple tips for daily life during the coronavirus pandemic

Coronavirus has changed our daily life considerably. Luckily, this year we can get vaccinated against COVID-19! But we are now in the third wave. The new virus variant is even more infectious, dangerous and widespread. So we now need to be even more careful. Our behaviour is our most effective tool. It protects us all – old people, children and everyone in-between. Every time we actively slow the progress of the virus, we all move forward.

In addition to these 8 tips, DHM+A has become even more important: Keep a distance, follow hygiene rules, mask up (tight fit over the mouth and nose), air – always altogether. More protection slows the virus further.

Distance? Even among friends!
If I meet up with other people, I need to be aware that my friends, relatives and colleagues can also infect me. I will make no exceptions and keep a sufficient distance.  

Meeting up? Outside! Always take a mask with you!
If I meet up with other people, then outside and with some distance or by the window. Note: If I cannot keep a distance of 1.5 metres while outside, then I wear a mask.

Who needs to air? And how!
When I meet others indoors, I keep a distance, wear a mask and regularly air the room. I set a timer to remind us every 20 minutes to open wide all the windows for 5 minutes.

Free time? At home instead of travelling!
If I am off, I stay home rather than travel. That way, I avoid carrying the virus – even a new virus variant – to other regions or bringing it back home.

Symptoms? At home, but with medical advice!
If I have symptoms* or am not feeling well, I stay home. I obtain medical advice by phone (116117, general practitioner, attending physician, fever ambulances), ask about a test and follow the medical instructions I am given. I don’t go to work and I chat with my loved ones by phone, instead of meeting them.

You tested positive? Let others know!
If my PCR, rapid or self-test is positive, then I immediately inform my private and professional contacts. I try my best to inform everyone I have recently met with. If my rapid or self-test was positive, I have this verified using a PCR test.

Perhaps not infectious today? DHM+A nonetheless!
If my rapid test or self-test is negative, I still need to follow the DHM+A rules. This way, I don’t infect anyone if the test was incorrect and I don’t get infected either. The test is only valid for the same day and does not protect me from becoming infected.

Vaccination? Pull up your sleeves!
If I am offered vaccination, then I’ll get vaccinated. All authorised vaccines protect me from severe COVID-19 and help fight the pandemic.

*Symptoms: for example, a general feeling of illness, coughing, a temperature or fever, shortness of breath, loss of smell or taste, runny nose, sore throat, headache and sore limbs