



Flüchtlingsrat
Thüringen e.V.

Information for refugees The Corona virus in Thuringia

This brochure is intended to give an overview of the current situation for refugees in Thuringia. We refer to reputable and official sources, as of 20 March 2020.

With the friendly support of Anonymen Krankenschein Thüringen e.V., created in the project „Fachstelle Flucht und Asyl in Thüringen“ of Flüchtlingsrat Thüringen e.V.

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1. What is the corona virus?

The novel corona virus (SARS-CoV-2) was first discovered in China in January 2020. Since then, it has spread rapidly throughout the world and now affects numerous countries, including Germany. It causes mild to severe respiratory diseases. As it has only been known for a short time, much is still unknown and so far there are no drugs or vaccinations against the disease.

How can I get the Corona virus?

The virus is passed from person to person. It happens, for example, when you cough, sneeze, talk or shake hands with someone.

How can I tell if I am infected with the corona virus?

An infection with the virus can feel like a cold or flu. For example, you might get a fever, sore throat, a cold, cough, headache, or even diarrhea. But many people do not show any symptoms at all and do not notice that they have been infected with the virus. Some people have a more serious infection than others, they get breathing problems or pneumonia. If you are infected, it can take up to 14 days before these symptoms start to appear.

Is the corona virus dangerous?

In most people the disease is mild. Especially older people over 50 years and people who have had a chronic disease before are at risk. Their disease can be more severe and also fatal. The corona virus is very contagious. Many people do not realise that they have been infected with the virus, but can still infect other people. This is also a reason why the virus spreads so quickly.

2. How do I deal with the Corona virus correctly?

What should I do if I have symptoms?

Anyone who has a fever, cough, cold, headache or sore throat should have as little personal contact with other people as possible so as not to infect anyone. If possible, you should stay at home or in your room. You should keep a distance of 1-2 meters to other people. Do not receive any visitors in your home. Cough and sneeze into the crook of your arm or into a handkerchief and throw it away immediately afterwards. Wash your hands often and thoroughly. If possible, avoid using public transport, such as buses or trams. Ventilate the rooms you share with other people often. If you have a high fever, shortness of breath, chest pain or feel very bad, you should call a doctor. In very severe cases, it may be necessary to be treated in hospital. In life-threatening emergencies, call for help on 112.

I feel healthy. What should I do?

To prevent the virus from spreading so quickly, it is important that everyone has as little personal contact with other people as possible. That is why healthy people should also stay at home as much as possible. Meet as few other people as possible, keep your distance, do not shake hands and do not hug each other. Avoid places with large crowds. Wash your hands often and thoroughly. Especially when you get home, before preparing food and after going to the toilet. Avoid touching your face with your hands.

What should I do if I have had contact with an infected person or have been in an area with a many cases of corona infections in the last 14 days?

Anyone who has had direct personal contact with a person in whom the corona virus has been detected could have been infected with the virus. You should contact the local Health Department by phone quickly. They will tell you if you need to be tested or quarantined.

Persons who have been in particularly affected areas in the last 14 days must also report to the health office. At the moment (as of 18.3.2020) these include North Rhine-Westphalia, Italy, Spain, Austria, France, Switzerland, the USA, Iran and parts of South Korea and China. In these cases, you should call the public health department. It is possible that the line is busy because many people are

calling. If you cannot reach anyone, call the Federal Ministry of Health: 030 346 465 100. Unfortunately, the consultation is only in German.

If you live in a collective accommodation for refugees, inform the facility management quickly. It may be that the public health department says that you must go into domestic quarantine. In this case you must stay at home. This is important to protect yourself and others from infection. The quarantine lasts for 14 days or until the test has proven that you do not have the corona virus. This can also affect people with whom you have close contact.

If you do not have the opportunity to go into quarantine, you should talk to the health department about it. It is possible to have rooms for quarantine provided by the Health Department.

What does domestic quarantine in a collective accommodation mean?

If you or a family member is infected with the Corona virus, you and your family will be quarantined. This means that you are not allowed to leave your apartment or room (if you have your own bathroom with toilet) for at least 14 days. This is a very difficult situation, especially if children are also affected. It is important that you remain calm and keep in contact with relatives and friends only by telephone.

If someone else in your accommodation is infected, it is possible that all or part of the accommodation will be quarantined. You and other residents can work out together what demands you have on the home management in this case. For example, you can ask for free Wi-Fi access in the accommodation. You can also talk to the operator about how food, hygiene articles and other important things you need are to be provided in case of quarantine.

What consequences does this have for the medical care of people without papers or health insurance?

In order to prevent the virus from spreading, many public institutions have now been closed. However, the associations and voluntary helpers are still trying to maintain medical care. The Anonymous Health Insurance Thuringia does not offer personal consultation hours for now. However, Anonymous Sickness Insurance Certificates will continue to be issued. Please contact the appropriate offices to arrange a joint procedure. The doctor can still be contacted by telephone and also outside office hours at the following number: 0177 398 7724. The offices of Malteser Migrant Medicine for people without health insurance in

Erfurt and Arnstadt are expected to be closed until 19.4.2020. However, they too can still be reached by telephone on 0160 8831007. If you would like to see a doctor, you should definitely call them beforehand and make an appointment. Many doctors no longer admit patients without an appointment.

3. What does this mean for my everyday life?

Are supermarkets, other shops, pharmacies and doctors' surgeries open?

Supermarkets and pharmacies will remain open under all circumstances. The post office, banks, medical supply stores, drugstores, pick-up and delivery services, dry cleaners, laundries, newspaper sales, DIY, horticultural and pet supplies stores and wholesalers are to remain open. However, further restrictions in your town are possible. Other shops (e.g. clothing and shoe shops, electronics shops) will be closed. Medical practices will remain open. If you need to see a doctor, please call in advance to avoid possible infection.

What about school, kindergartens, language courses, leisure facilities and places of worship?

Currently all kindergartens, schools and universities are closed until at least April 19, 2020. If you work in a systemically important area (e.g. in a grocery store, in the health or care sector, as a cleaner in a hospital), you can apply for emergency care at your child's kindergarten or school.

There are also no integration courses or other language courses at the moment. Libraries, museums, cinemas, bars, clubs and smoking establishments are already closed or only open to a limited extent in many places. Sports clubs, swimming pools, fitness studios, amusement arcades etc. are also closed. Playgrounds are also closed.

Strict rules apply to hospitals. Only patients under 16 years of age and seriously ill patients are allowed to be visited: at most by a close relative for a maximum of one hour per day. The same applies to nursing homes. Meetings in churches, mosques, synagogues and the meetings of other religious communities are no longer permitted at the moment.

Will there be a curfew?

At the moment, it is said that a curfew will only be imposed in cases of extreme necessity. But it can still happen that it will be imposed. That is why it is important that you keep yourself informed. Below you will therefore find useful links to help you.

Should a curfew be imposed, it will be a punishable offence to go out into the street and visit public places at certain times. Even if you are not in quarantine, you will not be allowed to leave your home or accommodation and will only be allowed to go out at certain times to do important things.

4. How do authorities and courts currently work?

The office of the Federal Office for Migration and Refugees (BAMF) in Suhl is currently closed until 27 March. This means that at the moment no applications for asylum are being accepted or hearings in the asylum procedure are being held. Should the BAMF then be reopened, applications for asylum and hearings are to only be possible if you have tested negative for the virus or have been in quarantine for 14 days before. In addition, no interviews will initially take place in the revocation procedure until 29 March. It is possible, however, that these may not take place over a longer period of time, or only to a limited extent.

Restrictions also apply to other authorities, such as immigration authorities, registry offices and job centres. In most cases it will not be possible to get a personal appointment. If you already have an appointment, ask by phone, email or fax whether your appointment will take place as planned and whether an extension of residence permits, benefits and further things is also possible by mail, fax or email. If necessary, make requests in writing, by fax or email.

Currently, many appointments for hearings, such as your asylum procedure at the administrative courts in Meiningen, Weimar and Gera are cancelled. If necessary, ask by phone, email or fax whether your appointment will take place as planned. The courts should continue to be accessible and maintain their function, especially for important matters.

5. Where can i find further information and contacts?

Important addresses and telephone numbers:

- Medical on-call service: 116 117
- Doctor of the Anonymous Health Insurance Certificate Thuringia: 0177 398 7724, arzt@aks-thueringen.de
- Maltese medicine for people without health insurance: 0160 8831007
MMM.erfurt@malteser.org
- Find your local health office: <https://tools.rki.de/PLZTool/>
- Federal Ministry of Health: +49 30 346 465 100
- Other important telephone numbers in Thuringia:
<https://www.mdr.de/thueringen/coronavirus-hotlines-th-100.html>



Where can I get further information?

- Regularly updated collection of **multilingual information** of the Refugee Council Thuringia: <https://www.fluechtlingsrat-thr.de/aktuelles/news/multilingual-information-about-coronavirus-mehrsprachige-infos-zu-corona>
- Important information from the **Ministry of Health of Thuringia** in German: <https://www.tmasgff.de/covid-19>
- Multilingual information provided by the **Federal Commissioner for Integration**:
<https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus>
- **WDRforyou** offers current information in Persian, Arabic, English and German: <https://www1.wdr.de/nachrichten/wdrforyou/index.html>
- Daily radio podcast with updates on the Corona virus (German):
<https://www.ndr.de/nachrichten/info/podcast4684.html>
- **WHO** information on corona virus (English, Spanish, French, Russian, Arabic, Chinese): <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- Detailed information from the **Robert Koch Institute** (German, English, easy language):
https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/nCoV.html

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