**What does quarantine mean?**

If you have met someone with an illness, they may have infected you. It takes a few days before the illness shows itself. **But:** You may already be able to infect others. For this reason, the public health department may call you and tell you: You have to go into quarantine at home.

Pronunciation: kwa-ran-teen.

Stay **at home**!

Do **not** go to work!

Do **not** have visitors!

If you live with others, stay in your room!

You also need to **eat alone**.

Quarantine lasts for two weeks.

Call your friends and relatives. They can help you.

For instance by

- going shopping for you
- walking your dog.

If there is **nobody** to help you, call the public health department.
What is the Corona virus?

The Corona virus causes an illness. The Corona virus is also known as COVID-19.

What happens if you get the Corona virus?

When you get the Corona virus, you may
• sneeze and cough
• get a fever
• have problems with breathing

The illness can be very dangerous for weak and old people.
Some people die from the illness.

A person with the Corona virus can infect other people.
For example:
• If that person coughs on others.
• If that person sneezes near other people.

What is important:

• Wash your hands frequently.
• Sneeze into your elbow.
• Use paper handkerchiefs if you have a runny nose.

A verbal order to go into quarantine is just as binding for you as a written notice is.

If you fail to follow quarantine orders you can expect legal consequences.

Source: www.mags.nrw.de