

Information about the corona virus

Information from the Health Department at the District Office in Tübingen

The novel corona virus and the panic around it had raised uncertainties and questions. On the website of the district of Tübingen www.kreis-tuebingen.de, the authorities are providing information on current developments, tips on behavior and answers to frequently asked questions.

The current season is generally a high risk time for diseases caused by viruses and bacteria. We therefore recommend the following measures and rules of conduct, which generally protect against infection with colds, influenza (seasonal flu) and the new type of corona virus:

- Wash your hands regularly with soap and water. The pathogens can also stick to door handles, handles, banisters or similar objects and be passed on from there via the hands. With the Corona virus, it is very likely that the pathogens cannot be passed on via surfaces, but for safety reasons we recommend that you exercise caution.
- Sneeze or cough in the crook of the elbow or in a tissue that you use only once and dispose of immediately.
- Avoid close contact, especially with sick people. Keep a distance of 1 to 2 meters.
- Avoid shaking hands, hugs and kisses as a greeting during the infection period.
- If you get sick yourself and develop cold symptoms and fever, stay at home so that you do not infect anyone. If you come from a current risk area (info: www.infektionsschutz.de) or have had close contact with people who have returned from such areas, please contact a doctor or contact the hotlines (see below). Please do not come to the health department in the district office, no tests are carried out here!

For further questions, the district office in Tübingen has set up a hotline for questions at 07071 / 207-3600. The hotline is available daily from 8 a.m. to 6 p.m. The health department can be contacted by email at infektionsschutz@kreis-tuebingen.de. In addition, the Baden-Württemberg State Health Office (LGA) has set up a hotline at 0711 904-39555 (weekdays between 9:00 a.m. and 4:00 p.m.) and the Federal Ministry of Health at 030 346 465 100 (Monday to Thursday from 8 a.m. to 6 p.m., on Friday from 8 a.m. to 12 p.m.)