

Advice for risk groups



Slightly increased risk



Moderate to higher risk

**Low-level
spread in your
community**

Live like others

You can generally live like the rest of the population, travel, work and attend social events. But be particularly careful to follow the general infection control measures:

- Keep the recommended distance to people apart from your closest family and friends.
- Remember hand hygiene and cough etiquette.
- Stay home when you are ill

Consider whether you will be able to follow these measures before traveling or participating in social activities.

Increase social distancing

You can maintain a normal level of contact with your closest family and friends, travel and socialize with others as long as:

- You and your closest circle are particularly careful to follow general advice, keeping a safe distance and good hand and cough hygiene.
- You limit your number of close contacts.
- You avoid crowded places (e.g. public transport and shopping malls) or go to such places only outside rush hours.
- Stay home when you are ill.

Workplace planning and adjustment may be appropriate.

**Widespread
transmission
or outbreaks
in your
community**

Increase social distancing

You can maintain a normal level of contact with your closest family and friends, travel and socialize with others as long as:

- You and your closest circle are particularly careful to follow general advice, keeping a safe distance and good hand and cough hygiene.
- You limit your number of close contacts.
- You avoid crowded places (e.g. public transport and shopping malls) or go to such places only outside rush hours.
- Stay home when you are ill.

Workplace planning and adjustment may be appropriate.

Social shielding

To avoid infection, you should keep to yourself during this period. You can go outside and maintain normal contact with your closest circle as long as they also practice social distancing and are healthy. Pay particular attention to hand and cough hygiene. In addition, you should:

- Keep further away from others than your closest circle (preferably 2 meters).
- Ask others to help you with necessary purchases.
- If your closest contacts and household members have many other social contacts, you should keep a safe distance to them. If this is not possible, it might be necessary to consider other temporary housing arrangements.

If workplace adjustment or remote working is impossible, sick leave should be considered.