

Staying healthy in Vorarlberg during the COVID-19-crisis

Dear residents of Vorarlberg!

We are finding ourselves in unusual circumstances – each one of us is affected by the COVID-19 crisis. In the current situation, we need to work together to fight the spread of the coronavirus.

Autumn and winter lie ahead of us. This means that we will spend a lot of time indoors, where COVID-19 spreads more easily.

Please be sure to adhere to the current corona-guidelines in every situation, including visits to family members, relatives and friends. In the past weeks and months, many people got infected in such settings.

Stay safe and protect yourself – for you own sake and for the sake of your family and loved ones.

Preventing the spread of COVID-19:

- Keep a distance of at least one meter from other people!
- If keeping the distance is not possible, wear a face mask (covering mouth and nose)!
- Wash and disinfect your hands multiple times throughout the day!
- Be sure to sneeze/cough into a tissue or at least into the crook of your elbow!
- If you're sick, stay at home!
- If you're coughing, have a fever and/or respiratory problems (trouble breathing), call your physician or the health-hotline 1450. DO NOT visit your doctor's or a hospital!
- Ventilate rooms frequently and thoroughly, especially if more than one person is present!
- If you were in contact with someone who might be infected with the coronavirus, or you feel sick/have symptoms yourself, do not attend family gatherings or see other people!
- When in quarantine, the sick person should stay in a room separated from healthy roommates/cohabitants!

Social contacts to family and friends are vital for humans. However, at this point special care must be taken when it comes to these interactions – in many cases, avoiding them altogether is the best option.

**„We need everyone's effort and cooperation to get through
the COVID-19-crisis in Vorarlberg. Thanks for your
commitment!“**

Landesrat Christian Gantner