

How to handle the Covid-19-pandemic in Saxony-Anhalt and Magdeburg

At the moment there are a many new infections with the Coronavirus every day in Magdeburg.

It is important to prevent the virus from spreading fast in order to keep schools and day care/ kindergarten operating and maintain a functional health system.

Please take care of yourself and help also to protect others.

Therefore reduce the number of private contacts only to essential meetings and try to avoid visits with family and friends.

What should I do, if I feel sick or had close contact to somebody, who was tested positively?

Typical symptoms of COVID-19: cough, elevated temperature, fever, shortness of breath, loss of taste or smell, soare throat, headache and muscle aches, or fatigue.

If you notice any of these symptoms, stay at home!

- do not meet other people, don't go to work or school
- call your doctor or the local public health department (hotline : 0391/ 540 2000) and follow the instructions.
- inform your employer and/or the children's day-care/school
- if you notice typical symptoms of COVID-19, you can get tested at Fieberambulanz.

Realisation of Corona test and results:

- The test can be realized in Fieberambulanz, Brandenburger Straße 8, 39104 Magdeburg.

More information:

[Fieberambulanz Magdeburg](#)

Testing may also be possible at your [doctor's](#) (call the doctor's office before you go there).

- After the test you will receive a document that contains a barcode. By typing in this code and the date of testing to <https://patienteninfo.kvsa.de> you can check the result online.
- In case of a positive result: stay at home under quarantine. Wait for a letter from the public health department. They direct the term of quarantine. Inform any person you had contact with during the last 6-7 days as soon as possible. Direct contact persons have to stay under quarantine immediately.
- In case of a negative result in defiance of typical symptoms: Stay at home for at least 5 days. Call your general practitioner to review the situation.
- In case of a negative result although you were in contact with an infected person: Stay under quarantine until 14 days after the contact. The public health department will send you a letter stating the term of quarantine.

Be aware: Quarantine is a means to protect your family, neighbours and other people in your surrounding from an infection. By law (Infektionsschutzgesetz (IfSG) it is obligatory to stay under quarantine. Breaking the law is punishable and can be avenged with a fine.

In case of quarantine follow these rules:

- **Do not leave your flat!**
- If you feel sick or are at a state of poor health, call your doctor and talk about your situation.
- Avoid close contact to people in your household. Keep your distance and follow hygiene measures.
- Do not meet people who do not live with you.
- Ask family or friends for help with grocery shopping and let them place the goods at your door. You can also ask Nachbarschaftshilfe Magdeburg for support: <https://soli-statt-hamster-md.de/>

Trips abroad and your return to Germany:

- If you spent time in an area classified as a high-risk area or area of variants of concern in the last few days prior to entering the Federal Republic of Germany, before entering you would have had to register via the travel portal at <https://www.einreiseanmeldung.de>.
- The current list of regions at risk is to be found unter: https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete_neu.html
- [More information on quarantine rules etc.](#)

Where can I find more information?

www.magdeburg.de/CoronavirusCovid19

<https://ms.sachsen-anhalt.de/themen/gesundheit/aktuell/coronavirus>

<https://www.bundesregierung.de/breg-de/themen/coronavirus/coronavirus-aktuelle-informationen>

Multilingual informationen:

<https://www.magdeburg.de/Coronavirus-Covid-19/Mehrsprachige-Informationen/>

<https://www.integrationsbeauftragte.de/ib-de/amt-und-person/informationen-zum-coronavirus>



<https://www.bundesregierung.de/breg-de/themen/coronavirus/coronavirus-covid>

<https://integrationsbeauftragte.sachsen-anhalt.de/corona-news/>

Support and counseling

➤ Migration counseling

https://www.magdeburg.de/media/custom/37_31676_1.PDF?1566316883

for example:

AWO Landesverband Sachsen-Anhalt e.V. (German, Arabic, English, French):
migration.md@awo-sachsenanhalt.de, 0391/ 999 777 34 oder 0391/ 999 777 37

Deutscher Familienverband LV Sachsen-Anhalt e.V. (Bürgerhaus Kannenstieg) (German, English, French, Ukrainian, Russian): mbe@dfv-lsa.de, 0391/ 56 29 71 5

Familienhaus Magdeburg gGmbH (German, English, Arabic, Persian): mbe@familienhaus-magdeburg.de, 0391/ 99 0000 99

Caritasverband für das Bistum Magdeburg e.V. (IKZ – Interkulturelles Beratungs- und Begegnungszentrum): traore@caritas-ikz-md.de, 0391 40805-18 or 0391 40805-17

Languages: German, English, Russian, Arabic, French, Dioula, Bambara, Serbo-Croatian, Albanian

➤ General counseling

Integrationshilfe Sachsen-Anhalt e.V.: beratung@mail.integrationshilfe-lsa.org, 0391/ 99 05 97 96 oder 0175/ 88 86 3 86

Orientierungsberatung im einewelt haus Magdeburg (German, Arabic, English):
orientierungsberatung@agsa.de, 0391/ 5371 242

Beratung für Familien - Meridian e.V. (German, Russian, English): info@meridian-magdeburg.de, 0391/ 5371 296

Beirat für Integration und Migration der Landeshauptstadt Magdeburg:
integrationsbeirat@stadt.magdeburg.de oder Krzysztof.Blau@stadt.magdeburg.de, 0391/ 540 2382

Integrationsgemeinwesenarbeit, Dezernat für Soziales, Jugend und Gesundheit (German, Arabic, English): vielfalt-gestalten@magdeburg.de, 0391/ 540 6641 oder 0391/ 540 3450

➤ Advice on employment law:

BemA – Beratung migrantischer Arbeitskräfte (Deutsch, Englisch, Polnisch, Russisch, Ukrainisch, Serbokroatisch, Rumänisch): bema@aul-lsa.de, 0159/ 01 38 09 03

➤ Support in communication issues:

SiSA – Sprachmittlung in Sachsen-Anhalt (by phone): sprachmittler@lamsa.de, 0345 213 893 99

➤ Support in your neighborhood

for people with high risk of severe infections with the virus or people under quarantine (support with grocery shopping):

<https://soli-statt-hamster-md.de/>

Hotline: 0391/ 5495840 oder 0391/ 540 4040