Dear Carinthians,

The situation we are in due to the coronavirus is very serious! The number of cases of infection is rising daily. The entire Provincial Government therefore appeals to you in all urgency to take the measures we have put in place very seriously! Help to save lives, and only trust the verified information from the politicians and authorities.

The aim of this information leaflet for the province is to show how each and every individual can help to contain the spread of the virus, and protect people who are at particular risk. The most important thing of all is: **Stay at home if this is in any way possible!** Reduce your personal contact with other people to only what is absolutely necessary!

Our healthcare system is excellent and we are working intensively on adapting it to the new challenges. In Carinthia we have a professional team that is working non-stop in all areas on coping with the coronavirus crisis. We also wish to point out again that you should not believe any fake news; of course our food supply is safeguarded! And childcare in small groups also remains guaranteed in our facilities.

We would like to appeal to the young people in Carinthia in particular. In this situation you can make a major contribution to the health of all of us – and especially that of your grandparents. So we urgently ask you to stay at home and not go out to meet your friends! Use electronic means of communication to stay in contact – after all, you know how to use these better than most people. Of course you are welcome to assist older people and those in need of day-to-day help – such as by doing their shopping or visiting the pharmacy for them. But please always do this with the necessary caution, and avoid direct contact.

As the Provincial Government of Carinthia, it is our heartfelt desire to thank all those people who are making superhuman efforts in their daily work during this very difficult time – whether in healthcare, food retail or agriculture, as well as in the blue light services and aid organisations. You are the true heroes of Austria and Carinthia!

Dear Carinthians, take your responsibility for yourselves and your fellow human beings seriously, and comply with the prescribed measures. If we all stand together now, support and trust each other, we will master this ordeal.

Thank you very much.

Your Provincial Government Governor Peter Kaiser,
Deputy Governor Beate Prettner,
Deputy Governor Gabby Schauing,
Provincial Councillor Daniel Fillerer,
Provincial Councillor Sana Schaar,
Provincial Councillor Martin Gruber and
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Tips for while you are at home

Stay in touch!
And don’t talk just about the virus.

Make a daily schedule!
Try to continue to give your life structure.

Remain active!
A healthy lifestyle counteracts stress.

Keep a sense of humour!
Smiling and laughing can make things easier.

Accept your feelings!
Anger or fear are normal and appropriate to the situation.

Set yourself goals!
Even achieving small goals gives you a feeling of control.

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How to protect yourself

Reduce your personal contacts.

Wash your hands regularly with soap and hot water – especially after contacting surfaces (e.g. handles) – or use hand sanitiser.

Don’t shake hands, embrace or kiss each other during greetings and goodbyes.

Avoid large gatherings of people.

Ban on gatherings: No more than five people are allowed to meet in the same place at the same time.

Are you healthy?
Stay at home
Work from home.

Do you have to go to work?
Take your bike or car.

No cash payment on public transport. Buses are being equipped to take bank card payments. Use options for buying tickets in advance and help older people to do this.

Cough or sneeze into a tissue, or alternatively into your elbow.

If you are ill – fever, a cough, a cold – stay at home without fail.

Up to now there are no indications that pet cats or dogs can become infected.

Have you got older neighbours?
Offer to help them, but still keep your distance and comply with the hygiene precautions.

Watch out for online scammers
Contact: C4 reporting centre at against-cybercrime@bmi.gv.at.
Further information: www.bundeskriminalamt.at

Up to now there are no indications that pet cats or dogs can become infected.

Information on new regulations and protective measures
The spread of the virus has to be slowed down to protect the health of everyone living in Austria. We now need team spirit, but at the same time we need to keep our distance in daily life. So everyone must reduce their social contacts. Only those direct encounters that are absolutely necessary should now take place, and otherwise we should use the phone or other technical options. In this way everyone can make a valuable contribution to the fight against the spread of the coronavirus.

Restriction of traffic – COVID-19-Maßnahmengesetz (Covid-19 Measures Act)

These are still possible:

Professional activity

Purchases to cover the necessary basic requirements of daily life
Food shops are open until 19:00. Medical prescriptions are available by phone and electronically.

You must wear a mask when shopping

Care and assistance for persons in need of support

Outdoor exercise
Alone (e.g. running, walking) and with people who live in the same apartment.

How it is being controlled:
In the case of checks by the security authorities, sound and credible reasons have to be provided.
Coronavirus measures and the restrictions on going out will provisionally remain in place until 13 April.

Regional supply

Buy from regional businesses and farmers selling directly to the public. Many of them also have a delivery service. Details at www.daspackma.at. Business owners should register here free of charge.

Agricultural businesses are continuing to ensure the food supply. Farm-gate sales, farmers’ markets and direct marketing are permitted. Hygiene measures must be complied with!

Employers and employees

Working at home, reduced hours, etc
For employers: Economic Chamber Hotline: 05 90 900 43 52
For employees: Chamber of Labour and ÖGB Hotline: 0800 22 12 00 80

How it is being controlled:
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