

Quarantine advice

If you enter Germany after having spent time in a risk area within the 10 days prior to entry, you are required to proceed directly to your accommodation, immediately upon arrival. You then have to remain exclusively at this location for a period of 10 days (or 14 days following a stay in an area of variants of concern) after your entry into the country (quarantine). Violations can result in a fine of up to 25,000 euros.

Further information:

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Transport/BMG_Reisende_Tab.html;jsessionid=A393BEC266AF4A1AF428053B43DD9018.internet111?n=2386228

After that quarantine period is over, please keep up-to-date with local regulations, which can change frequently. During your stay in Bavaria, if a person you have been in close contact with tests positive for Covid-19, you may be required to self-quarantine for a few days while awaiting your own test result.

General Information:

- You are not allowed to leave your accommodation during quarantine periods, except during emergencies or to attend an appointment at a Covid-19 test centre.
- Do not meet friends / allow people to visit you socially.
- If you live in shared accommodation, keep your distance from housemates (2 meters minimum)
- No handshakes or embraces
- Wash your hands regularly (with soap and at least for 30 seconds!)
- Air your room frequently
- If you live in a shared space, the use of common spaces should be kept to an absolute minimum and, if possible, should be separated in time
- If you live in a shared space, make sure to maintain stringent hygiene standards (disinfection, do not use the same drugstore products, etc.)
- Do not stay in closed rooms with other people, especially when they are not your roommates

Supplies:

Basic food:

Wheat products

- Bread
- Pasta
- Rice
- Couscous
- Oats

Legumes

- Lentils
- Beans

Fruits

- Dates
- Figs
- Grapes

Animal products

- Meat
- Fish
- Milk
- Eggs

Other

- Salt
- Sugar

Fruits/Vegetables

The Federal Office for Civil Protection and Disaster Assistance recommends for 10 days:

- 20 liters of water
- 3.5 kg of cereal products such as bread, potatoes, pasta and rice

- 4.0 kg of vegetables, legumes in a glass or cans
- 2.5 kg of fruit, nuts
- 2.6 kg milk and milk products
- 1.5 kg of fish, meat, eggs
- 0.357 kg of fats, oils

Delivery services in Passau:

https://www.lieferando.de/	Delivery service for takeout / restaurant meals
https://www.simplora.de/	Delivery service search based on your zip code
https://dishbee.com/	Delivery service for takeout

Groceries and ingredients:

Rewe	<ul style="list-style-type: none"> • Dry assortment/ durable • Non-Food products available • Delivery cost: 4,95€
myTime.de	<ul style="list-style-type: none"> • Full assortment (over 13,000 foods) • Including frozen products and beverage crates, as well as organic and fair trade • Delivery cost: 4,99€ Fresh surcharge: 5,90€
Netto	<ul style="list-style-type: none"> • Dry assortment (1.000+ products food/ drugstore) • No fruit/ vegetables/ frozen product • Delivery cost: 4,95€ to 50€
Amazon Pantry	<ul style="list-style-type: none"> • Dry assortment (5.000 products)

	<ul style="list-style-type: none"> • No fruit/ vegetables/ frozen product • For Amazon Prime members only • Delivery cost: 4,99€ to 40€
Edeka24	<ul style="list-style-type: none"> • Dry assortment (4.000 products) • No fruit/ vegetables/ frozen product • Delivery cost: 3,95€ to 75€
Ökokiste	<ul style="list-style-type: none"> • Regional ecological fruits and vegetables • Information/Registration: www.oekokiste-koessnach.de
Edeka Klaiber	<ul style="list-style-type: none"> • Local supermarket that offers delivery service • Phone 0049/851/87672
Edeka Hehenberger	<ul style="list-style-type: none"> • Local supermarket that offers delivery service • Phone 0049/851/9669881
Peterhäusl's Rollender Supermarkt	<ul style="list-style-type: none"> • Regional supermarket "on wheels" • Every Wednesday in Passau • For further information see www.peterhaeusl.de

Drugstore products:

DM	<ul style="list-style-type: none"> • Drugstore assortment (9.000 products) • No fruit/ vegetables/ frozen product • Delivery cost: 4,95€
Rossmann	<ul style="list-style-type: none"> • Drugstore assortment (3.500 products)

	<ul style="list-style-type: none"> • No fruit/ vegetables/ frozen product • Delivery cost: 3,95€ to 75€
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Warm Meals Delivery Service:

Malteser Menüservice	https://www.malteser-menueservice.de/startseite.html
Bayerisches Rotes Kreuz	https://www.kvpassau.brk.de/angebote/alltagshilfen/essen-aufraedern.html

Service from the City of Passau:

Free Supply Service	Monday to Friday from 8 a.m. to 12 noon you can order food by phoning 0049/851/396-877
Neighborhood Aid	Regular service offered by the City of Passau; volunteers help with buying food; Phone 0049/851/396-236

For further information (only in German) please also check:

<http://www.passau.de/Aktuelles/Pressearchiv.aspx?rssid=d601938a-e459-46ce-8469-2f5c6fa466cc>

or

https://www.facebook.com/Hilfeleistung.Passau.Risikogruppen/?_tn_=%2Cd%2CP=&eid=ARBAqziw8aUCLDhS3VK9I1vESoz6sZSvKOUEmgCrXzM_NU3kwpREAFJd_hxraWuN5BxOUjYI0TqMNOJTw

Neighbourly Help:

Vinzenz Luckas, Luzia Schustereder, Veronika Kolitz	nachbarschaftshilfe.passau@gmail.com Phone 0049/152/24184057
Facebookgroup: volunteers in the area of Passau Alexander Knauff	alex287k@gmail.com, Mobile 0049/176/55328787, Tel. 0049/851/96682970, https://www.facebook.com/Hilfeleistung.Passau.Risikogruppen/
Dr. Stefanie Wehner	Stefanie.wehner@uni-passau.de, WEHNER05@ads.uni-passau.de, Mobile 0049/176/23776832

Pastoral Care:

Bistum Passau, Andreas Erndl (catholic)	Phone 0049/851 393 - 2320 Mobile: 0049/171/2827124 E-Mail: andreas.erndl@bistum- passau.de
ESG, Sonja Sibbor- Heißmann (protestant)	E-Mail: esg@uni-passau.de

AEGEE:

If you feel lonely please get in touch with AEGEE through Instagram or Facebook:

<https://de-de.facebook.com/AegePassau>

<https://www.instagram.com/aegeepassau/?hl=de>

Please note:

It is very important that you take these measures seriously! When you arrive in Passau, make sure that you are able to implement all necessary sanctions in order to prevent infections of vulnerable people and to minimize the risks for you, your environment and the health system.

Since the situation is constantly evolving, the above information can only give you a first idea on what to do. For advice on staying healthy, as well as for precise updates regarding the University of Passau's coronavirus policy, please visit:

<https://www.uni-passau.de/en/coronavirus>

For relevant updates from the Robert Koch Institute (the German government's central scientific institution in the field of biomedicine and public health), please check:

https://www.rki.de/EN/Home/homepage_node.html;jsessionid=E55A7DBBD5EB5765878574A571866730.2_cid343