

SELF-QUARANTINE

As you are waiting for your test result in self-quarantine, you might find the following tips useful:



General Information:

- You are only allowed to leave your house during quarantine to take a Corona test
- You can't meet other people
- Keep your distance to other people (1,5 meters minimum)
- No handshakes or embraces please
- 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 has to be separated in time
- If you live in a shared space, make sure to maintain hygienic standards (disinfection, do not use the same drugstore products, etc.)
- Do not stay in closed rooms with other people

Recommended 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/	Find supermarkets that deliver to your zip code
https://dishbee.com/	Delivery service depending on your zip code
https://www.pastell.jetzt/	Only takeaway service
https://www.liefernabholen.de/	Delivery service/takeaway service



Groceries and ingredients:

Rewe	<ul style="list-style-type: none"> Assortment in Passau is limited (almost no fresh/frozen products) 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: 4,49€ to 3,49€ 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	<ul style="list-style-type: none"> Growing assortment from packaged food (cans etc.) to fresh fruits Delivery cost customary for Amazon
Amazon Pantry	<ul style="list-style-type: none"> Dry assortment (5.000 products) 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€; free of charge at 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

	<ul style="list-style-type: none"> For further information see www.peterhaeusl.de
bofrost	<ul style="list-style-type: none"> Frozen products only (over 550) No delivery costs



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) No fruit/ vegetables/ frozen product Delivery cost: 3,95€; free of charge at 75€

Warm Meals Delivery Service:

Please note that these pages are in German only. The target group of the service is mainly elderly people.

Malteser Menüservice	https://www.malteser-passau.de/angebote-und-leistungen/hausnotruf-menueservice/menu-service.html
Bayerisches Rotes Kreuz	https://www.kvpassau.brk.de/angebote/alltagshilfen/essen-auf-raedern.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 Currently not available!	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>

Neighbourly Help:

https://nachbarschaftshilfe-passau.de/ Available!	nachbarschaftshilfe.passau@gmail.com Phone 0049/152/24184057 https://www.facebook.com/nachbarschaftshilfe-passau/
Facebookgroup: "Passau hilft" Alexander Knauff Currently not available!	alex287k@gmail.com, Mobile 0049/176/55328787, Tel. 0049/851/96682970, https://www.facebook.com/Hilfeleistung.Passau.u.Risikogruppen/

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
Telephone Helpline	Phone: +49 (0)800 111 0 222 https://telefonseelsorge.bistum-passau.de/

Studentenwerk Niederbayern/Oberpfalz

Psychological counseling	book an appointment by email to psychologische-beratung@stwno.de more information at: https://stwno.de/en/counseling/psychological-counseling
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Nightline Passau:

Nightly telephone listening service by students for students	Mon & Thurs: 20:00-01:00 Phone: 0049/8515095000
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AECEE:

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

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

<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