In the cities of Bremen and Bremerhaven, a new warning system is now in place as far as coronavirus is concerned.

**Old:** In the past, we looked at how high the number of infections with coronavirus was among 100,000 inhabitants and within 7 days. This is called "incidence".

**New:** Now, the first thing to look at is how many people out of 100,000 inhabitants in Bremen have to be **hospitalized** because of Corona within 7 days. This is called "hospitalization incidence".

The warning levels are based on this number:

- If 0 to 1.5 people suffering from Corona in Bremen out of 100,000 inhabitants are hospitalized within 7 days, this is Warning Level 0.
- If 1.5 to 3 people suffering from Corona in Bremen out of 100,000 inhabitants are hospitalized within 7 days, this is Warning Level 1.
- If 3 to 6 people suffering from Corona in Bremen out of 100,000 inhabitants are hospitalized within 7 days, this is Warning Level 2.
- If 6 to 9 people suffering from Corona in Bremen out of 100,000 inhabitants are hospitalized within 7 days, this is Warning Level 3.
- If 9 or more people suffering from Corona in Bremen out of 100,000 inhabitants are hospitalized within 7 days, this is Warning Level 4.

When the federal state government of Bremen is considering what to do against corona, it also looks at

- how many unoccupied beds there are for very seriously ill people in the intensive care units of the hospitals
- how many people got infected in Bremen over the last 7 days (the incidence)
- and how many people in Bremen have been vaccinated.
For the city of Bremen, the federal state government determines the warning level. For the city of Bremerhaven, the municipal government determines the warning level.

Please note: for the City of Bremen, the federal state government has resolved that Warning Level 3 shall apply from Monday, 14 February 2022 onwards.

1a. The distance from other people

The general rule

If warning level 0 or warning level 1 is in effect:
- everyone should keep a distance of 1.5 metres if possible
- the federal state government recommends that hygiene measures be observed (e.g. washing hands)
- the federal state government recommends that rooms be always well ventilated.

If warning levels 2, 3 or 4 are in effect:
- you must keep a distance of 1.5 metres outdoors (unless it is really impossible)
- the persons responsible for stores, service providers, event premises and other facilities have to ensure that everybody complies with the distance regulations.

The exceptions

In these cases, no distance needs to be maintained:
- Between family members (including patchwork families as well as grandparents and grandchildren)
- Between people who live together (for instance in a flat-sharing community)
- Couples that do not live together are regarded as one household
- If one household meets with another household. The number of people does not matter, provided they are members of one of the two households. Children up to 14 years of age do not count. Persons accompanying people with disabilities or people dependent on assistance are not counted either. Persons who are completely vaccinated or persons who were ill with corona and are healthy again are not counted either.
- If completely vaccinated or recovered people meet in private. In this event, the following also applies: Children up to 14 years of age are not counted. Persons accompanying people with disabilities or people dependent on assistance are not counted either.
- In groups of children provided they are 14 years old at the most.
- If the 2G rule applies at a facility or event. 2G means that only people who have been vaccinated or who have recovered from corona are allowed in. People with a negative corona test are not allowed in.
✓ During sports
✓ During childcare in children’s day care and day nursing facilities
✓ If instruction and supervision at schools takes place in small, fixed groups (so-called “cohort principle”)
✓ During education, further education and advanced training if the cohort principle is observed
✓ When you attend classes or take exams at a university or college, or learn at a workplace. In this case there must be a hygiene concept
✓ During services where a distance of 1.5 meters from other people cannot be maintained, provided that other hygiene measures are taken, for example if a mask is worn

1b. Limitation of the permissible number of people

People who are not vaccinated are allowed to meet with no more than 2 other people who are not part of their household. Children up to 14 years of age do not count. Accompanying persons of people with disabilities or people who are dependent on assistance are not counted either.

2. The wearing of masks

**The general rule**

If a warning level (0-4) is in effect in Bremen or in Bremerhaven, a medical face mask must be worn in certain places in Bremen or in Bremerhaven:

✓ In buses, trams and trains,
✓ at the train station,
✓ at the airport,
✓ in shops,
✓ at events attended by more than 1,000 people at the same time

Since 1 January 2022, the following applies:

If **warning levels 2, 3 or 4** apply in Bremen or in Bremerhaven, everybody aged 16 years and over must wear an FFP2 mask or a KN95/N95 mask:

✓ in buses
✓ in trams,
✓ in regional trains
✓ in shops
Pupils do not need to wear an FFP2 mask or a KN95/N95 mask at school. When they are not at school, they must also wear an FFP2 mask or a KN95/N95 mask.

Children and adolescents from 6 years of age onwards must also wear a surgical mask, or an FFP2 mask or a KN95/N95 mask.

If warning level 2, warning level 3 or warning level 4 is in effect in Bremen or in Bremerhaven, a mask must also be worn in other publicly accessible rooms and buildings if there is no appropriate hygiene concept.

The following facilities are excluded:
- Courts
- Prisons
- Law enforcement facilities

The following masks qualify as medical masks:
- Surgical masks
- "FFP2" masks
- "KN95/N95" masks
- Respirator masks with an exhalation valve are prohibited.

The exceptions

These people do not have to wear masks even in buildings:
- Children under 6 years of age
- People who are deaf or hard of hearing as well as people accompanying such persons and communicating with such persons
- In case of disability, pregnancy or health issues
- If you attend a facility or event where the 2G or 3G rule applies. The 2G rules means that all people attending the facility or event are either vaccinated or have recovered from Corona. The 3G rule means that all people attending the facility or event are either vaccinated, have recovered from Corona or have tested negative.

3. Tests, exceptions for vaccinated persons and persons who have recovered after corona, access models
The general rule

You have to present a negative corona test in certain facilities:
- In hospitals;
- in restaurants, clubs, discotheques, festival halls, gambling halls, casinos and betting offices;
- in theatres, operas, cinemas, concert halls and similar establishments;
- in prostitution places and prostitution vehicles according to the Prostitution Protection Act for the practice of prostitution, and at swingers' clubs;
- in saunas, electro-stimulation training studios, fitness centres, swimming pools, adventure pools and sports facilities;
- at trade fairs, conventions, commercial exhibitions, special markets, fairs, flea markets and similar events;
- at amusement parks, indoor playgrounds, climbing gyms, climbing parks and similar facilities.

You must also present a negative corona test for indoors,
- when attending an event (exception: religious events) or festival if the event or festival is not held in your home or on your own property;
- during services where it is not possible to keep the distance, for example at a hairdresser's shop or in a nail studio;
- when practicing sports indoors in a facility (exception: school sports);
- when staying for instance at a hotel or youth hostel. In this event, you must show a negative corona test upon arrival. If you stay for several days, you will have to show a negative corona test twice a week.

If you have a job and the employer offers you coronavirus testing, you must accept this testing opportunity.

If you have to present a negative Corona test:
- You can go to a testing centre. The test may be 24 hours old at the most.
- You can also do a self-test. This happens directly at the entrance. However, a person MUST then be present at the entrance. But many events require a test result from a testing centre.
- You may also present a negative PCR test if it's not older than 48 hours.
- You may present the test result on paper or in digital form.
- And it can be in German, English, French, Italian or Spanish language.

When the 3G access model is in place, the following have the same status as a negative test:
- If you are fully vaccinated, and 15 days have passed since the vaccination.
- Or if you were ill with Corona, and the illness is no more than half a year ago.
- A certificate from the school for young people over 16 years of age.
In many facilities, the **3G model** applies. This means that you can only enter the facility if you are vaccinated, or if you are healthy again after Corona (“recovered”), or if you can show a negative test.

**The 3G model currently applies in these facilities**

- Hotels
- Pubs, restaurants
- Sports facilities
- Cultural facilities

In certain facilities, the **2G model** applies. This means you will only be allowed into these facilities if you are vaccinated, or if you are healthy again after Corona (“recovered”).

In these facilities, the **2G model applies**:

- Events with more than 1,000 people

**Here, neither the 2G model NOR the 3G model applies:**

- Grocery stores and weekly farmers’ markets, direct agricultural sales and farm shops,
- Food pickup and delivery services,
- Beverage stores,
- Pharmacies, medical supply stores, health food stores, drugstores
- Infant supply stores,
- Opticians and hearing aid stores,
- Bookstores,
- Petrol stations and newspaper outlets,
- Banks and savings banks,
- Post offices,
- Dry cleaners and self-service laundries,
- Pet supply stores and feed stores,
- DIY and horticultural stores,
- Flower shops, plant nurseries, garden centers and garden markets,
- Car and bicycle repair shops,
- Points of sale for bus and tram tickets,
- Wholesale and general merchandise stores
In certain facilities, the **2G Plus model** applies. This means that you are only allowed into these facilities if you are vaccinated, or if you are healthy again after Corona (“recovered”) from Corona AND if you can also show a current negative Corona test result.

In these facilities, the **2G plus model** currently applies:
- Clubs, discotheques, festival halls and similar places for celebrating

There are exceptions from the **2G Plus model**. Some people do not have to present a current negative Corona test:
- Persons who are vaccinated and whose vaccination is less than 3 months ago
- Persons having received a booster vaccination
- Persons who are healthy again after Corona (“recovered”) if their illness is no more than 3 months ago or if they have received a booster vaccination that is no more than 3 months ago
- Persons who are less than 18 years of age

If warning level 4 is in effect in Bremen or in Bremerhaven, the 3G model applies at administrative offices and public authorities. This means you are only allowed to come if you:
- are vaccinated,
- are healthy again after Corona (recovered)
- or are able to present a current negative Corona test.

Bei Gericht entscheiden die Richterinnen und Richter selbst, welche Regeln für den Zugang gelten. Das 3-G-Modell gilt nicht, wenn ein Amt oder eine Behörde angeordnet hat, dass man kommen MUSS. Das nennt man „Vorladung“ oder man ist „einbestellt“ worden.

Das 3-G-Modell gilt auch nicht, wenn man Geld oder Hilfe beantragen muss, weil man sonst nicht genug zum Leben hat (Existenzsichernde Leistungen).


Beim 2G-Zugangsmodell dürfen nur Personen rein, die
- geimpft sind, oder
- von Corona wieder gesund sind, oder
- aus medizinischen Gründen keine Impfung bekommen können, oder
- die über 16 Jahre alt sind und eine Schulbescheinigung zeigen können, oder
Alle müssen dafür einen schriftlichen Beweis zeigen. Der wird auf jeden Fall kontrolliert.

Wenn die 3-G-Regel, die 2-G-Regel oder die 2-G-plus-Regel gilt, müssen die Personen, die den Betrieb oder die Einrichtung besuchen oder an der Veranstaltung teilnehmen, in der Zeit nicht mehr die Abstandsregeln einhalten. Man muss dann auch keine Maske mehr tragen.

At the courts, the judges themselves will decide which access rules apply. The 3G model does not apply if a public office or authority has ordered that you HAVE TO GO there. This is called a “letter of summons” or means that you have been “summoned”.

The 3G model does not apply either if you have to apply for money or assistance because you otherwise do not have enough to live on (subsistence benefits).

You must show the vaccination certificate, or prove through a certificate on the PCR test or the quarantine that you were ill. Children and young people under 16 years of age do not have to show a negative test.

Persons who undergo regular testing at school do not have to show a test.

In case of the 2G access model, only people who are allowed in who

- have been vaccinated, or
- have recovered from corona, or
- cannot be vaccinated for medical reasons, or
- are over 16 years of age and can show a school certification, or
- are under 16 years of age

Everybody must show written evidence in order to be allowed in. This will be checked no matter what.

If the 3G rule, the 2G rule or the 2G plus rule is in effect, people visiting the company or facility or participating in the event will no longer have to comply with the distance regulations during this period of time. You no longer have to wear a mask either during this period of time.

3a. Facilities like clubs or discotheques

In clubs, discotheques, festival halls and similar places for partying/celebrating, the 2G plus rule applies. This means that you are only allowed then into these establishments if you have been vaccinated, or if you are healthy again after Corona ("recovered") AND if you can also show a current negative Corona test result.
4. Conditions for facilities and establishments

The general rule

All facilities/establishments, shops and event venues are allowed to open. They have to comply with conditions:

If a warning level (0-4) is in effect in Bremen or in Bremerhaven, a person responsible must watch out that the following rules are observed:

- There must be a protection concept.
  - This does not apply to shops. There, a medical mask must be worn.
  - If warning level 2 or warning level 3 is in effect, the distance regulations must be observed.

5. Concepts for protection and hygiene

The general rule

Concepts for protection and hygiene must be precise and meaningful. When drawing up the concept, the person responsible must take the following into account:

- The concept describes how the distance can be maintained.
- The concept describes the measures for hygiene, for instance corona tests or the obligation to wear medical face masks.
- The concept describes how sufficient ventilation can be provided in closed rooms.
- In companies, the concept must include information on occupational health and safety.
- On request of the authority, the responsible person shall submit the concept.

6. Events

The general rule

Events may take place with 6,000 people at the most indoors and 25,000 people at the most outdoors. In both cases, the 2G rule applies.
If warning levels 2, 3 or 4 apply in Bremen or in Bremerhaven, you must also wear a mask indoors.
If warning levels 2, 3 or 4 apply in Bremen or in Bremerhaven, the 2G model applies, which means: Only vaccinated people are allowed in. Or people who are healthy again after Corona (recovered persons).
If an event takes place indoors, slightly more than half the seats may be sold, or slightly more than half the people may be allowed in who could normally come, i.e. 60 percent at the most.
If an event takes place outdoors, slightly more seats may be sold, or a little more people may be allowed in than indoors, i.e. 75 percent at the most.

There may be exceptions. The local police authorities may permit larger events together with the public health department unless it’s too dangerous and unless many people can become infected.

Part 2
Hospitals, Nursing Care Establishments, Integration Facilities and Similar Institutions

1. Hospitals and outpatient supply centres

The general rule

Hospitals must ensure that enough beds are unoccupied in the normal ward. And they must hold enough unoccupied beds available in the intensive care unit. And there must be enough beds in which corona patients can be given artificial respiration.
The number of beds, which this refers to, is determined by the state minister of health.

Hospitals and outpatient supply centres must have a concept for protection and hygiene. The process must comply with the recommendations of the Robert-Koch-Institute. The hospital operator must make sure that the concept is observed.

The operator may prohibit visitors from coming to the hospital.
The operator may also stipulate that only visitors are allowed to come who are vaccinated or have recovered from Corona (2G model). The operator may also stipulate that only visitors are allowed to come who are vaccinated or have recovered from Corona AND are able to present a current negative test (2G plus model).

Exceptions must be possible:
✓ for minors
✓ for women about to have a baby
✓ in case of emergency
✓ if a seriously ill person is dying
if a sick person has to stay in hospital for a particularly long time
if a sick person has a custodian

If visitors have not been vaccinated, they must in any case be able to show a current negative Corona test.

Anyone working at such a facility who is not vaccinated or who has not recovered from Corona must be tested for Corona each workday before starting work. Facilities must arrange for testing.

2. Nursing Care Establishments and Integration Facilities

These facilities must make sure that no coronavirus infection enters the facility as far as possible. They must comply with the regulations and proposals of the Robert-Koch-Institute and with the requirements established by the public health departments.

Here, it is allowed already now to visit residents, provided there is a visiting concept:

- Full-time inpatient nursing facilities pursuant to § 71 (2) of Book Eleven of the German Social Security Code
- Nursing and care facilities as defined in § 9 of the Bremen Housing and Nursing Care Act,
- Provider-managed residential communities as defined in § 8 (3) of the Bremen Housing and Nursing Care Act, and
- Day care facilities and short-term care facilities as defined in § 5(2) nos. 2 and 4 of the Bremen Housing and Nursing Care Act;
- Facilities for people with disabilities within the meaning of § 2 (1) of Book Nine of the German Social Security Code, in which integration assistance services are provided day and night

But: At the aforementioned facilities, visiting is only permitted subject to the following conditions:
3. Workshops for people with disabilities and other service providers

**The general rule**
Care / supervision and meetings are allowed in such facilities. This includes the entry procedure as well as the areas for vocational education and work. This also applies to other service providers.

**But:**
- Concept for protection and hygiene

4. Daytime foster groups and foster groups for people with disabilities

**The general rule**
These facilities may also open for normal care and supervision. Protection and hygiene measures must comply with the guidelines of the public health departments.

5. Joint accommodation facilities
The general rule

These facilities may also open, but:
The distance of 1.5 metres must be observed. If this is impossible, the facility must reduce the number of accommodated persons.

The exceptions

If at least 80 percent of the residents in a nursing care facility are completely vaccinated or have recovered from a corona illness, the public health department may allow relaxations.

If a person cannot be vaccinated for health reasons, he or she is counted among the vaccinated or recovered persons.

Part 3
Children’s Day Care Centres, Schools, Early Assistance and Other Educational Institutions

6. Children’s day care centres (children’s day care facilities, children’s day nursing facilities)

The general rule

These facilities may also open for normal care and supervision, but:

✔ Concept for protection and hygiene
✔ Care and supervision take place preferably in fixed, unchanged groups (according to the so-called “cohort principle”)
✔ List of names of the supervised children must be kept on a daily basis
✔ All registered children will be looked after or supervised as long as this proves possible
✔ Priority is given to particularly vulnerable children and cases of hardship if not all the children can be looked after / supervised
✔ A child may only attend the day care centre if the parents test their child 3 times a week. AND: the negative test result must be 24 hours old at the most.
✔ If day care centres offer tests for the children, the child may also be tested at the day care centre. The parents have to agree with this.
✔ Details are regulated by the Senator for Children and Education
✔ Outings (for example to playgrounds) are allowed, but according to the cohort principle and with distance and a hygiene concept
✔ There are regulations as to when mothers and fathers are allowed to enter the institution
Services offered by third parties are permitted, but in separate rooms (also according to the so-called “cohort principle”). In the event of cooperation between schools and children’s day care centres, separate rooms are not required.

At the facilities, all persons over the age of 10 must wear a medical mask.

- Not in outdoor areas if the distance is maintained
- Not in groups with children under three years of age
- Educators do not have to wear masks

If a child at the children’s day care centre has contracted Corona, the children’s day care centre will inform all parents of the children who were in one room together with the infected person for at least 30 minutes. Anyone who was in one room together with the infected person for at least 30 minutes will not be allowed to attend the children’s day care centre for 5 days. However, they are not automatically considered "contact persons".

**Exception:**

- They are still allowed to attend the children’s day care centre if they can present a negative rapid antigen test.
- They are still allowed to attend the children’s day care centre if they take a rapid test immediately at the entrance and if the test result is negative.
- Vaccinated persons or persons having recovered from Corona may enter the children’s day care centre

If one fifth or more of the children in a children’s day care group are infected, all children from the group must stay at home for 5 days.

7. Schools

**The general rule**

Public and private schools are also allowed to open like normal.

**But:**

- Concept for protection and hygiene: Instruction takes place in small, fixed, unchanged groups (according to the so-called "cohort principle")
- Children from children’s day care centres may visit elementary schools to get to know the school
- Suitable masks must also be worn in school buildings:
  - Up to 15 years of age, a simple mouth-and-nose cover (textile mask) shall be sufficient
  - From 16 years of age onwards, medical face masks must be worn
- Employees at schools in their offices or workrooms and during lessons
Details about who must wear a mask where in schools are stipulated by the State Minister of Education.

- If someone wants to enter the school premises, this person must be able to present a negative corona test. Or another certificate from a doctor proving that he/she is not infected. The test or certificate must not be older than 2 days.
- You may enter the school premises without a negative test if you undergo a test immediately at the school. The test result must be negative. With this negative test result, you will be allowed to enter the school premises for two days. For this purpose, the school must hold sufficient tests available. And the school must indicate clearly that people are only allowed in if they can present a negative test. This does not affect the occupational health and safety regulations.
- Pupils or students may enter the school premises without a negative test if they take the PCR pool test three times a week on a regular basis. The test result must be negative. Many people know the PCR pool test by the name of “lollipop test”.
- Schools may limit classroom teaching if the protection concept requires so. In this event, care for children up to 6th grade should be made available if possible
- Services offered by third parties are permitted, but in separate rooms
- Outings (for example to museums or playgrounds) are allowed, but in small, fixed, unchanged groups (“cohort principle”)
- Further requirements in relation to classroom teaching and emergency care shall be regulated by the Bremen State Minister for Children and Education

If a person at a school is infected with Corona, the school will inform all people who were together with the infected person in the same room for at least 30 minutes. If those persons are under 18 years of age, the school will also inform the parents. These persons will not be allowed to enter the school building for 7 days.

But:
This does not apply to vaccinated persons or persons having recovered from Corona.
Persons are allowed to enter the building if they are able to present a negative test each day.
Or if they take a test immediately in the building each day, and if the result is negative.
At secondary schools, the persons concerned must wear a mask for 7 days:
  - in class
  - in the cafeteria
  - in offices and workrooms

There may be additional requirements imposed by the public health department.
8. Training, further education and advanced training centres

**The general rule**

Training, further education and advanced training centres are allowed to open for teaching.

- There must be a protection and hygiene concept:
  - Students receive classroom teaching in small, fixed groups (“cohort principle”).
  - You must wear a medical mask in the buildings if it is not possible to maintain a distance.

Further regulations for training, further education and advanced training premises:

- If someone wants to enter the buildings, this person must be able to show a negative corona test. Or other certification from a doctor proving that he/she is not infected. The test or certificate must not be older than 3 days.
- You may enter the school building without a negative test if you do a test immediately at the school. The test result must be negative. With this negative test result, you may enter the school building for three days.
- You may enter the school building without a negative test if you take an exam.
- Other details for training, further education and advanced training in the healthcare professions are resolved upon by the State Minister of Health.

9. Colleges and the State and University Library

If someone wants to enter the buildings of the Bremen colleges/universities, this person must be able to show a negative Corona test. The test must not be older than 3 days. Without a test, you are not allowed to attend events, lectures or exams. This also applies if you wish to enter the federal state and university library. However, this does not apply to vaccinated people or to persons having recovered from Corona.

Without a negative test, you are not allowed to attend lessons or events, or to learn at the library. You are not allowed either to take part in juridical exams. This does not apply to vaccinated people or to persons having recovered from Corona.

**Part 4**

**Domestic Quarantine**
10. Who must go into quarantine?

The following people must go into quarantine:

- **Infected persons**
  - **Beginning:** If you get a positive test, you must go into quarantine immediately. You are not allowed anymore to anyone else or to receive visitors.
  - **End:** You are allowed to leave the quarantine after 10 days at the latest if you no longer have any symptoms. And if you then have a negative PoC-PCR test or PCR test.
    At the earliest 7 days after a positive PCR test, you can “free yourself through testing”.
    This means: If you have no symptoms anymore after 7 days and if a new PCR test or a rapid antigen test is negative, you may end the quarantine.
  - The time you have to be in quarantine is counted from the first day after you were tested. Even if the (positive) PCR test result becomes available only 2 or 3 days later.
  - Medical staff (doctors, nurses...) may also “free themselves through testing” after 7 days. They must then have no symptoms for at least 48 hours and have a negative PCR test result.

- **Contact Persons**
  - **Beginning:** Immediately after the infected person tests positive
  - **End:** 10 days after the last contact with the infected person.
    If you live together with the infected person and if the infected person has symptoms, the quarantine for the contact person shall end 10 days after the onset of symptoms in the infected person
  - You may free yourself from quarantine if you have a negative result from a PCR test or a rapid antigen test after 7 days.
  - Medical staff may also test themselves free after 7 days. They must then be asymptomatic for at least 48 hours and have a negative result from a PCR test or a rapid antigen test.
  - Children may test themselves free after 5 days if they have a negative result from a PCR test or a rapid antigen test.
  - If you are the contact person of a cohort at a children’s day care centre, you may also do a self-test after 5 days. Parents must then supervise the test and write a confirmation stating that the test was negative. The facility must store the written confirmation for 2 weeks.

- **X People having a positive test result from an antigen test (rapid test) must go into quarantine for 10 days at the most. If a subsequent PCR test or PoC-PCR test (no antigen rapid test!!) from a test station produces a negative result, the person concerned does not have to stay in quarantine any longer.
Anyone is a Contact Person if he or she:

- was close to an infected person (at a distance of less than 1.5 metres) for at least 10 minutes without wearing a mouth-and-nose cover
- or had very close contact with an infected person for a shorter period of time without wearing a mouth-and-nose cover
- stayed in a room together with an infected person for at least 10 minutes without sufficient ventilation being provided. This regulation also applies if a mouth-and-nose cover or FFP2 mask was worn consistently and correctly.

Those who are in quarantine as a contact person may stay in a garden, on a terrace or on a balcony if these places belong directly to the apartment.

The exceptions

Contact Persons do NOT have to go into quarantine if they

- are medical staff and wore protective equipment
- are vaccinated, or if they have recovered from Corona.

Despite corona, you may leave your home in these cases:

- In case of danger to life and health
- Further exceptions are possible (applications must be submitted to the public health department in Bremen or the Municipal Government in Bremerhaven).

11. Obligations during quarantine

The general rule

Persons in quarantine must comply with the following:

- Do not leave your apartment or institution / centre of accommodation without permission from the public health department
- Do not receive visitors
- Keep your distance from other people in the household
- Follow the hygiene rules: cough and sneeze properly, wash your hands regularly and thoroughly, avoid touching your face
- If possible: measure your body temperature in the mornings and evenings
- If possible: keep a diary on symptoms, body temperature, general activities and contacts – also for the previous days if possible
- Hold yourself ready for possibly necessary examinations such as X-Ray examinations, taking of blood samples or skin swabs
The public health department may require persons concerned to appear at the public health department, or ask them questions in their apartment on their state of health.

If the person in quarantine is under 18 years of age, parents or guardians should help the child/young person to comply with the quarantine obligations.

Part 5
Final Provisions

12. Local measures and additional orders

The public authorities in Bremen and Bremerhaven are entitled to enact further rules and prohibitions to protect people better against infections with coronavirus. This is particularly important if warning levels 2, 3 or 4 are in effect.

13. Administrative offences

Anyone who does not comply with the regulations must pay a fine. The amount of the fine may be up to € 25,000.

14. Restriction of fundamental rights

The Ordinance restricts these fundamental rights:

- Personal freedom,
- Religious freedom
- Freedom of assembly
- Freedom of movement
- Inviolability of the home.

15. Validity

The 30th Ordinance applies from 19 January 2022 until 20 March 2022. The 4th Amending Ordinance shall apply from 4 March 2022 onwards.
The state minister of health will check carefully whether the restrictions imposed by this ordinance are still necessary. Above all, she will monitor how many people in Bremen and Bremerhaven have already been vaccinated.

### Annex

**Exceptions from Domestic Quarantine**

(§ 19b)

Employers in these areas may exempt employees from domestic quarantine. In this event, the employer must provide a list of the persons exempted to the local police authorities and the public health departments:

1. **Healthcare sector:**

   All employees who work in the healthcare sector including administrative personnel and cleaning staff. More detailed information can be found in the original ordinance.
### 2. Civil service:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Senatorial authorities of the Free Hanseatic City of Bremen</td>
</tr>
<tr>
<td>2.</td>
<td>Federal state parliament of Bremen (employees and MPs)</td>
</tr>
<tr>
<td>3.</td>
<td>Audit Court of the Free Hanseatic City of Bremen</td>
</tr>
<tr>
<td>4.</td>
<td>Bremerhaven city council (members)</td>
</tr>
<tr>
<td>5.</td>
<td>Municipal government of the City of Bremerhaven (members and employees)</td>
</tr>
<tr>
<td>6.</td>
<td>Bremen public health department</td>
</tr>
<tr>
<td>7.</td>
<td>Bremen civil registry office</td>
</tr>
<tr>
<td>8.</td>
<td>Bremen immigration office</td>
</tr>
<tr>
<td>9.</td>
<td>Bremen municipal services office (and associated offices)</td>
</tr>
<tr>
<td>10.</td>
<td>Bremen and Bremerhaven police departments</td>
</tr>
<tr>
<td>11.</td>
<td>Bremen and Bremerhaven fire brigades</td>
</tr>
<tr>
<td>12.</td>
<td>Other authorities and organisations with security tasks of the Free Hanseatic City of Bremen and the municipalities of Bremen and Bremerhaven, especially with regard to disaster control</td>
</tr>
<tr>
<td>13.</td>
<td></td>
</tr>
<tr>
<td>14.</td>
<td>Public prosecution authority of Bremen</td>
</tr>
<tr>
<td>15.</td>
<td>General public prosecution authority of Bremen</td>
</tr>
<tr>
<td>16.</td>
<td>Courts in the federal state of Bremen</td>
</tr>
<tr>
<td>17.</td>
<td>Prison in the federal state of Bremen</td>
</tr>
<tr>
<td>18.</td>
<td>Port authority of the Hanseatic City of Bremen (= function of public order office in the port district)</td>
</tr>
<tr>
<td>19.</td>
<td>Food Safety, Animal Health and Veterinary Services Office of the federal state of Bremen</td>
</tr>
<tr>
<td>20.</td>
<td>State examination office for chemistry, hygiene and veterinary medicine</td>
</tr>
<tr>
<td>21.</td>
<td>Board of weights and measures in the federal state of Bremen</td>
</tr>
<tr>
<td>22.</td>
<td>Trade supervisory authority of the federal state of Bremen</td>
</tr>
<tr>
<td>23.</td>
<td>Job Centre, Federal Labour Agency</td>
</tr>
<tr>
<td>24.</td>
<td>Road and Traffic Office</td>
</tr>
<tr>
<td>25.</td>
<td>Social Services Office</td>
</tr>
<tr>
<td>26.</td>
<td>Bremen Pension and Integration Office</td>
</tr>
<tr>
<td>27.</td>
<td>Federal state pay office</td>
</tr>
<tr>
<td>28.</td>
<td>Social insurance institutions, welfare benefit providers, organisations supporting students</td>
</tr>
<tr>
<td>29.</td>
<td>Independent organisations assisting children and young people, refugees and the homeless, the elderly and disabled people, drug users and addicted persons</td>
</tr>
<tr>
<td>30.</td>
<td>Staff ensuring emergency care at children’s day-care centres and schools</td>
</tr>
<tr>
<td>31.</td>
<td>School personnel</td>
</tr>
<tr>
<td>32.</td>
<td>Inpatient care facilities (such as educational assistance)</td>
</tr>
<tr>
<td>33.</td>
<td>The Federal State Commissioner for Data Protection and the Freedom of Information</td>
</tr>
<tr>
<td>34.</td>
<td>State Commissioner for Women/Bremen Central Office for the Realization of Equal Rights for Women</td>
</tr>
<tr>
<td>35.</td>
<td>Performa Nord</td>
</tr>
<tr>
<td>36.</td>
<td>Corresponding institutions of other federal states and municipalities</td>
</tr>
<tr>
<td>37.</td>
<td>Institutions whose activities are necessary for the maintenance of diplomatic and consular relations and for the functional capability of entities of the European Union and international organisations</td>
</tr>
</tbody>
</table>

### 3. Critical infrastructure:

<p>| | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Public utilities and disposal companies (electricity, water, energy, waste): e.g. Hansewasser, Bremen Public Cleansing Service, SWB/Wesernetz</td>
</tr>
<tr>
<td>2.</td>
<td>Transport and traffic</td>
</tr>
<tr>
<td>3.</td>
<td>Bremen Dyke Association on the right bank of the river Weser</td>
</tr>
<tr>
<td>4.</td>
<td>Bremen Dyke Association on the left bank of the river Weser</td>
</tr>
<tr>
<td>5.</td>
<td>Nutrition: food industry, food trade, agriculture and horticulture (§ 4 BSI-KritisV), including supply and logistics</td>
</tr>
<tr>
<td>6.</td>
<td>Information technology and telecommunications (§ 5 BSI-KritisV)</td>
</tr>
<tr>
<td>7.</td>
<td>Finance and insurance industry: banks, stock exchanges, insurances, financial service providers (§ 7 BSI-KritisV)</td>
</tr>
<tr>
<td>8.</td>
<td>Media and culture: broadcasting services (TV and radio), printed and electronic press, cultural heritage, symbolic buildings</td>
</tr>
<tr>
<td>9.</td>
<td>bremenports GmbH &amp; Co. KG</td>
</tr>
<tr>
<td>10.</td>
<td>Pilot associations / pilot transfer operations at the port and on the river Weser</td>
</tr>
<tr>
<td>11.</td>
<td>EUROGATE Technical Services in the seaport district</td>
</tr>
<tr>
<td>12.</td>
<td>Fishing port operating company</td>
</tr>
<tr>
<td>13.</td>
<td>Bremen Air Traffic Control Corporation</td>
</tr>
<tr>
<td>14.</td>
<td>Bremerhaven Investment Promotion and Urban Development Corporation, WFB (Business Development Agency of Bremen), Bremen Trade Fair</td>
</tr>
<tr>
<td>15.</td>
<td>Bremen Airport Corporation</td>
</tr>
<tr>
<td>16.</td>
<td>Petrol stations</td>
</tr>
<tr>
<td>17.</td>
<td>Undertakers</td>
</tr>
<tr>
<td>18.</td>
<td>Bremen Environmental Enterprise</td>
</tr>
<tr>
<td>19.</td>
<td>Bremen and Bremerhaven Real Estate Corporations</td>
</tr>
<tr>
<td>20.</td>
<td>Inpatient care facilities (such as educational assistance).</td>
</tr>
</tbody>
</table>
3. Critical infrastructure:

21. Lawyers and attorneys, tax consultants, public accountants
22. Guardianship associations and legal guardians
23. Security firms