Part 1
Events and Facilities of Social Life
(§ 1 to § 8)

1. The distance from other people

The general rule
In the public space, a distance of at least 1.5 metres must be maintained as far as possible. In case of activities with intensive breathing (during sports, singing or similar activities) the distance in closed rooms must be at least 2 metres.

Only two people are allowed to sing together indoors. Or people who belong to the same household.

Only two people are allowed to make music with wind instruments indoors. Or people who belong to the same household.

People who sing or make music professionally are not subject to these restrictions.

Singing and playing the flute with children in day-care centres and in nursery schools, in elementary schools and at universities remains permitted.

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 a maximum of five people from two households meet, not including children up to 14 years of age. 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
During sports that can be practised alone (running, cycling...) or if no more than two people are involved (for instance in tennis). Or if you practice the sport only with people from your own household.
Between athletes and high-performance athletes (approval is required)
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 educational instruction at other institutions if the distance cannot be maintained in the course of practical exercises and if the exercise is urgently needed, for instance during vocational training for the nursing professions. All participating persons must wear a mask everywhere in the building.

2. The number of people

The general rule

A maximum of 5 people overall from two households are allowed to meet. Children up to 14 years of age are not counted. Persons accompanying people with disabilities or people dependent on assistance are not counted either. This applies indoors as well as outdoors. In Bremerhaven, only people from one household are currently allowed to meet one other person.
A maximum of 5 people from two households are allowed to practice outdoor sports together. In Bremerhaven you are currently only allowed to do sports on your own, in pairs or with people from your own household.
A maximum of 20 children, who must not be more than 14 years old, may participate in outdoor sports as part of a group. A maximum of 2 coaches may be present. This is currently not allowed in Bremerhaven because too many people become infected.
Indoors, you are only allowed to do sport on your own, in pairs or with people from your own household.

Organised events indoors or outdoors with more than 100 people are prohibited.

For events with up to 100 people, the following applies
- With a concept for protection and hygiene
- List of names with contact details
- Keeping a distance of 1.5 metres
- Sufficient ventilation indoors

Cultural events and other events for entertainment purposes are prohibited.

**The exceptions**

Gatherings of people are permitted in these cases:

- ✓ Divine services and other religious events, such as in churches, synagogues or mosques, must be reported to the Public Order Office 2 days in advance if attended by more than 10 people.
- ✓ Professional sporting events without spectators.
- ✓ Registered demonstrations
- ✓ Professions pursuant to Article 12 (1) of the Basic Constitutional Law, including the operational representation of interests
- ✓ Political office-holders (e.g. members of the Bremen city parliament) at meetings of the city parliament, committee meetings, deputation meetings, parliamentary group meetings, advisory council meetings, meetings of the Bremerhaven municipal council, and meetings of political parties
- ✓ Legally required meetings, for example of associations, if the minimum distance can be maintained and a concept for protection and hygiene is in place
- ✓ In the civil service and administration of justice
- ✓ In public passenger transport (for instance in buses, trams and trains)
- ✓ While visiting shops and other facilities that are allowed to open
- ✓ In the case of rehabilitation sport administered through a prescription, up to 10 people may practice sport together if the distance is at least two metres
- ✓ Within the framework of child and youth welfare facilities and services, in particular social group work as well as education in a day group
- ✓ Within the framework of youth work, youth social work and educational protection of children and young people.

**3. The wearing of masks**
The general rule

From 1 February 2021 onwards, teenagers and adults aged 16 years and older are required to wear a medical face mask in many locations. Here:

In buses, trams and trains, at stations and stops, as well as at the train station, at the airport and at the ferry terminal, in retail stores as well as on the areas around such stores, e.g. on car parks, in schools, and in other publicly accessible rooms and buildings.

The following masks qualify as medical masks:

- Surgical masks
- „FFP2“ masks
- „KN95/N95“ masks
- Respirator masks with an exhalation valve are prohibited.
- Children and teenagers up to the age of 15 may continue to wear a cloth mask.

You must also wear a medical face mask in buildings of public offices and authorities and at the workplace:

- in the entrance area
- in the staircase
- on the corridor
- in lifts and lavatories
- in the waiting room
- in means of transport organised by a company (e.g. a company bus); only the driver does not need to wear a mask

The following facilities are excluded:

- Courts
- Prisons
- Law enforcement facilities

You must also wear a medical face mask now in the open air in many streets, namely:

- At weekly farmer’s markets

And in the city centre

- Around Central Station between Breitenweg, the cinema “Cinemaxx” and the Überseemuseum, and on the other side down to the street “Bahnhofplatz” (to “Postamt 5”). This also includes the entire bus terminal. On the backside of the station (towards “Bürgerweide”) there is no obligation to wear a mask.
✓ In the pedestrian precinct of Bremen City Centre (throughout Hutfilterstrasse and Obernstrasse from the Brill junction onwards including Domsheide down to the post office as well as in Ansgaritorstrasse, Pieperstrasse, Papenstrasse, Lloydpasage, Sögestrasse, Katharinenstrasse and Böttcherstrasse). You must also wear a mask on market square and the entire Domshof down to Schüsselkorb and Violenstrasse, as well as in Bischofsnadel.

✓ In the Schnoor district
✓ At the Schlachте district between Fangturm Street and Erste Schlachtpforte

In the Viertel
✓ At Ostertorsteinweg and in the street Vor dem Steintor, between Goetheplatz and St.-Jürgen-Strasse
✓ In Fehrfeld
✓ At Sielwall and Am Dobben, between Humboldtstrasse and Körnerwall

In Gröpelingen
✓ On the forecourt of Bremen Central Station
✓ Along the entire Gröpelinger Heerstrasse from Marsserler Strasse onwards
✓ Further along Waller Heerstrasse down to the street “Im Freien Meer”
✓ From Gröpelinger Heerstrasse to the branch into Lindenhofstrasse up to and including Gröpelinger Bibliotheksplatz
✓ In the street Am Ohlenhof up to the crossing into Scheesseler Strasse

In the corona inpatient healthcare centre at the Horse Race Track/Vahrer Strasse
✓ Vahrer Strasse between Stellichter Strasse and Bevenser Strasse and at the beginning of Ludwig-Roselius-Allee

In Oslebshausen
✓ In Schragestrasse with the crossing into Oslebshauser Tor across the corner of Bauerndobben
✓ At Oslebshauser Tor up to the crossing into Ritterhuder Heerstrasse and to the crossing/corner of Oslebshauser Heerstrasse
✓ Am Oslebshauser Bahnhof (Oslebshausen Train Station) to the corner of Sperberstrasse

In Hemelingen
✓ In Sebaldsbrücker Heerstrasse between Hemelingen tunnel and the crossing into Hastedter Heerstrasse
✓ In Hemelinger Bahnhofstrasse

In the Schweizer district
✓ On and around Osterholz market square including the shopping centre and Schweizer Eck
✓ In Walliser Strasse in a southward direction up to the crossing into Züricher Strasse (sidewalk and cycle track)
✓ In Züricher Strasse to the corner of Sankt-Gotthard-Strasse
✓ In Sankt-Gotthard-Strasse to the corner of Brienzer Strasse
✓ In Davoser Strasse to the corner of Zermatter Strasse
✓ In Zermatter Strasse to the corner of Ute-Meyer-Weg
✓ In Ute-Meyer-Weg up to the crossing into Sankt-Gotthard-Strasse
✓ At the corner of Züricher Strasse and Davoser Strasse to the street Alte Wede (at the beginning)

In Vegesack
✓ On the square outside Vegesack Railway Station up to Alte Hafenstrasse
✓ In pedestrian precinct of Vegesack, along Gerhard-Rohlfs-Strasse, on Botschafter-Duckwitz-Platz and on Sedanplatz and from Breite Strasse through Reeder-Bischoff-Strasse to the station square

Up-to-date information is available in the daily newspapers, on the radio and on local television.

Cyclists who only cycle through these areas do not have to wear a mask.

Suitable masks must also be worn in school buildings.
✓ In the senior classes of secondary schools and grammar schools
✓ In vocational schools
✓ In art colleges

The exceptions

These people do not have to wear masks
✓ 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
4. Closure of facilities / establishments

The general rule

X The following facilities / establishments must be closed to visitors: clubs, discotheques, festival halls and similar venues must remain closed to the public.

The following facilities and shops must remain closed until 9 May 2021:

X Theatres, operas, cinemas, concert halls to the public
X Amusement arcades, casinos, betting shops to the public
X Prostitution is prohibited in prostitution facilities and in vehicles used for prostitution; swingers clubs must close.
X Swimming pools and adventure swimming pools are closed to the general public;
✓ But: School sports may take place in fixed cohorts
X Saunas and fitness centres as well as electro-muscular stimulation studios to the general public
X Public and private sports facilities;
   However, they do not have to close
✓ if individual sports are practiced there,
✓ if a profession is exercised there,
✓ if rehabilitation sport is taking place there
✓ for the purpose of making physical activity opportunities available to day-care centres and for exercising school sport, provided there are fixed cohorts.
✓ for groups of children consisting of 20 children at the most, who must be no more than 14 years old. This is not allowed in Bremerhaven because too many people become infected.
X Trade fairs, conventions, commercial exhibitions, special markets, funfairs, flea markets and similar events.
X Amusement parks, indoor playgrounds, climbing gyms, climbing parks and other places of amusement for the public.
X Gastronomic establishments such as restaurants, cafés and pubs.
X Hotels, guesthouses, holiday homes and other accommodation establishments
   ✓ But: People who do not have to pay the tourism tax are allowed to stay overnight
X However, the operators of the establishments are allowed to use their rooms for permitted events.

X Bus rides, boat tours and carriage rides for tourists are prohibited.

However, the following facilities are allowed to remain open:
✓ Weekly farmer’s markets and galleries (for dealing in art)
✓ Refectories
✓ Company canteens; food may be eaten at the canteen only if it is not possible to do so at the workplace for hygienic reasons, e.g. in a hospital; otherwise, food must be taken away from the canteen
✓ Gastronomic establishments e.g. in hotels or guesthouses in order to supply guests who are still allowed to be there (business trips)
✓ Out-of-home sales of food and beverages remains permitted, but only to take away; alcoholic beverages, e.g. mulled wine, may only be sold in sealed mugs or bottles.
   Food that could be eaten immediately, e.g. chips, doner kebabs and burgers may be sold if people carry the food with them and walk away.

The following facilities are allowed to open again:
   X Hairdresser's shops, beauty salons, massage parlours, tattoo studios, solariums and nail studios

These shops and facilities are allowed to open:
✓ Grocery shops; these places may only grant access to so many people that each person occupies 10 square metres. If a shop is larger than 800 square metres, only such a number of people are allowed in the shop – as far as the space is concerned that goes beyond 800 square metres – that each person has 20 square metres of space.
✓ Weekly farmer’s markets, farm shops, direct selling from the farm,
✓ Food delivery services,
✓ Beverage stores,
✓ Pharmacies, medical supply stores, health food stores, drugstores, infant speciality stores,
✓ Opticians and hearing aid specialists,
✓ Bookstores,
✓ Petrol stations and newspaper sales outlets,
✓ Banks and savings banks,
✓ Post offices,
✓ Cleaners and laundrettes,
✓ Pet supply stores and animal feed markets,
✓ Sales outlets for cut flowers, potted flowers and potted plants as well as for flower arrangements and grave decorations and for specialist horticultural retailers such as plant nurseries, garden centres and garden markets
✓ DIY stores and gardening stores, **but**: only for tradespeople and craftspeople,
✓ Car and motorcycle repair shops; bicycle repair shops,
Ticket sales outlets for buses and trams,
The wholesale trade
General merchandise stores, such as kiosks if they predominantly sell goods that you need every day. If these stores sell predominantly other goods, they may sell only such things that you need every day.

Stores are not allowed to expand their "marginal" assortments.

**Shops selling goods that are not needed on a daily basis must remain closed, e.g. toy shops, clothing shops, electronics markets, etc.**

In these shops, the following shall be allowed:

- Mail order business and the delivery of ordered goods
- You are allowed to pick up ordered items in the shop if you have made an appointment beforehand
- You are allowed to receive advisory services in the shop on your own, or with a person from the same household, provided you have made an appointment beforehand. An accompanying person may accompany people with disabilities or people dependent on assistance or children under 18 years of age. There may only be so many people or groups of people present in the shop that each person or group has 40 square metres of space.

The following applies to all respective shops and stores:
- With a concept for protection and hygiene
- Keeping of a distance
- With a medical face mask

5. Open facilities / establishments must comply with the following

**The general rule**

If a facility / establishment is subject to specific rules, it must implement them. In all other cases, the persons responsible must comply with the following:

- Persons responsible ensure the necessary distance
- Persons responsible draw up a concept for protection and hygiene.
- Persons responsible keep lists of names with contact details if the service is offered indoors.
**The exceptions**

These facilities / establishments do not have to keep lists of names even indoors:

- ✓ Sales outlets
- ✓ Public facilities / establishments
- ✓ Education, further education and advanced training institutions (public or private) if participants have registered with their names and contact details
- ✓ Child and youth welfare facilities
- ✓ Meeting centres and other meeting places must draw up lists of names in closed rooms

**6. Services and crafts**

**The general rule**

Services and crafts are also allowed, unless the respective facilities have to be closed, without the 1.5 metre distance, but with measures that reduce the risk of infection. From 1 April 2021, rapid coronavirus tests shall also be used for this purpose.

**The exception**

- ❌ Providers of so-called “mobile services” in the areas of prostitution and non-medical personal hygiene are not allowed to visit their clients at home. This means that it is forbidden for hairdressers, beauticians, masseurs, tattoo artists, nail groomers or prostitutes to work in private apartments or houses.
- ❌ In the city of Bremen along Schlachte and in the Ostertor and Steintor districts, kiosks, snack bars, supermarkets, petrol stations and pubs / restaurants are not allowed to sell alcoholic beverages to take away between 10 pm and 6 am.

**7. The concepts for protection and hygiene**

**The general rule**

Concepts for protection and hygiene must be precise and meaningful. When creating 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 the obligation to wear medical face masks.
- ✓ The concept describes how sufficient ventilation can be provided in closed rooms.
- ✓ With regard to events, the concept sets an upper limit for the number of attendants. It describes how the upper limit can be observed.
- ✓ In companies, the concept must include information on occupational health and safety.
On request of the authority, the responsible person shall submit the concept.

8. List of names and contact details

The general rule

The persons responsible and facilities / establishments compiling the list of names must comply with the following:

✓ The list contains names and contact details (telephone number or e-mail) and the time of arrival and departure.
✓ Anybody providing false information must pay a fine.
✓ The persons responsible stores the data for three weeks and then deletes them.
✓ People are only allowed to participate if they enter the data.
✓ The public health department may look into the data.
Part 2
Hospitals, Nursing Homes, Workshops for People with Disabilities and Similar Institutions
(§ 9 to § 15)

1. Hospitals

The general rule
Hospitals and outpatient surgery facilities may conduct plannable operations and admissions.

The exceptions
✓ Plannable surgeries may only be conducted if they do not block ventilators for more than 48 hours.
✓ Hospitals must keep capacities available for possible corona patients.

2. Visiting regulations

The general rule
Visiting is permitted in the following facilities and cases:
✓ Full-time inpatient nursing facilities pursuant to § 71 (2) of Book Eleven of the German Social Security Code
✓ 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
✓ Certain facilities providing care and supervision (see Ordinance in the original)
✓ At all facilities in case of a particularly justified interest (for example in the case of minors, births, emergencies, palliative situations, long-term inpatients and in case of the seriously ill and the dying)

But: At the aforementioned facilities, visiting is only permitted subject to conditions. The facilities / institutions shall publish the conditions on their websites. The conditions are as follows:
Visiting and visited persons have no symptoms of coronavirus.
Facility records the visit and stores the data for 21 days (name, times, contact details).
Facility explains the hygiene concept to visitors.
Visiting and visited person keep a distance of 1.5 meters and wear medical face masks. Family members do not have to maintain a distance from each other if they wear medical face masks and disinfect their hands before and after the visit.
Staff accompanies the visit.
Further exceptions are possible.
Further conditions are possible at individual facilities (such as making an appointment for a visit).

At the following facilities and institutions, visiting is only allowed by way of exception:
- Hospitals and facilities for outpatient surgery
- Facilities for prevention and rehabilitation that are comparable to hospitals
- Dialysis facilities, day clinics, maternity facilities
- Comparable treatment or medical service facilities

These facilities must allow exceptions if there is a particular legitimate interest. They may, however, impose conditions. A legitimate interest is in place especially in the case of minors, those giving birth, in emergencies, in palliative situations, in the care of long-term in-patients, the seriously ill and the dying, or in case of care by persons with custody rights.

3. Day care facilities

The general rule
Day care facilities may open like normal. They must comply however with the guidelines issued by the responsible public health department and with the recommendations issued by the Robert Koch Institute for old people's and nursing homes and facilities for people with physical disorders and disabilities and for the public health service.

4. Workshops for people with disabilities

The general rule
Care / supervision and meetings are allowed in such facilities, but:
✓ Concept for protection and hygiene
✓ Contact list of the visitors (external persons)
✓ The persons concerned must agree with the supervision and care
✓ The institution makes sure that supervised persons comply with the contact prohibition in the public space
✓ No supervision in workshops if a disabled person cannot comply with the measures despite reasonable explanation

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

The general rule

These facilities may also open for normal care and supervision, but:
✓ Concept for protection and hygiene
✓ Contact list of the visitors (external persons)
✓ Adjustment of the group size if necessary
✓ The persons concerned must agree with the supervision and care
✓ The institution makes sure that supervised persons comply with the contact prohibition in the public space

6. Facilities for refugees, seasonal workers, the houseless and the homeless

The general rule

The distance of 1.5 metres must be observed. If this is impossible, the facility must reduce the number of accommodated persons.

It is allowed to take care of homeless people outside:
Anyone who takes care of homeless people outside must inform the local police authority in advance:
✓ in which place the homeless people shall be taken care of
✓ how many people will presumably come to the caretaking place
✓ how often the people will be taken care of there
✓ and at which time of the day the homeless people shall be taken care of there

7. Concepts for coronavirus testing in facilities and institutions
The general rule

The following facilities and institutions must draw up their own concept governing in which manner and how many people should be tested in accordance with the coronavirus test regulation:

✓ Hospitals,
✓ Outpatient surgery facilities,
✓ Prevention or rehabilitation facilities, even if they do not provide medical care comparable to that provided by hospitals,
✓ Dialysis facilities,
✓ Day clinics,
✓ Medical practices,
✓ Dental practices,
✓ Practices of other human healthcare professions.

The testing concept must comply with the Coronavirus Test Regulation. The respective facilities must be able to present the testing concept to the public authorities.

Persons working in full inpatient care facilities must undergo regular corona testing.

✓ The corona test must take place at least twice a week.
✓ It must be an antigen test.
✓ The supporting organisation of the institution must organise the test.
✓ The supporting organisation of the institution must document the result.
✓ If a test is positive, the supporting organisation of the institution must report the result to the public health department.
✓ If a test is positive, or if someone refuses to take a test, this person will no longer be allowed to enter the facility or institution.

Visiting nursing facilities and institutions:

✓ The supporting organisation of the institution should offer visitors a rapid corona test, thus enabling them to enter the facility / institution.
✓ Or visitors must wear an FFP2 mask.
✓ Those who can provide a negative test result do not need to be tested again. The negative test result must be 48 hours old at the most.
Part 3
Children’s Day Care Centres, Schools, Early Assistance and Other Educational Institutions
(§ 16 to § 18)

1. 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 takes place 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
✓ Details are regulated by the Senator for Children and Education
✓ Outings (for example to museums or 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”)
✓ At the facilities, employees and all persons over the age of 10 must wear a mask.
   X Not in outdoor areas if the distance is maintained
   X Not in groups with children under three years of age

If more people become infected again in Bremen, there will only be emergency care with fewer places at children’s day-care centres.

2. 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")
✓ Suitable masks must also be worn in school buildings:
Elementary school children must also wear mouth-and-nose covers if the incidence value in the city is 100 or higher. A cloth or a simple (cloth) mask shall be sufficient.

- In grades 5-9, a simple mouth-and-nose cover (textile mask) shall be sufficient
- From grade 10 or 16 years of age onwards, medical face masks must be worn

Provided enough rapid tests are available at a school, the following will apply:

- 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 3 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 three days.
- You may also enter the school premises without a negative test if you take an exam.

Persons and instruction groups should be on the corridors at different times

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 pupils on whether they are Category 1 contact persons. These are all pupils who belong to the same cohort.

All pupils who are Category 1 contact persons must be go into quarantine immediately. The quarantine lasts 14 days. If you are a Category 1 Contact Person, a corona test free of charge can be arranged for you via the State Minister of Education. Bremen and Bremerhaven will decide on whether there is a testing possibility. If the pupils are younger than 18 years, the school will also inform the parents.

**Part 4**

**Domestic Quarantine**

(§ 19 to § 22)

1. Who must go into quarantine?
The general rule

The following people must go into quarantine:

✓ Infected persons
  ▪ **Beginning**: Immediately after a positive test
  ▪ **End**: At least 14 days after the test and 48 hours without symptoms and OK from the doctor; if the contact person has a negative test result, he/she may end the quarantine a little earlier: 10 days after the last contact with the infected person.

X However, if there is an infection with a variant (British, South African or Brazilian), the quarantine must not be left until a test confirms that there is no longer a risk of infection.

X People having a positive test result from an antigen test (rapid test) must go into quarantine for 10 days. If a subsequent PCR test produces a negative result, the person concerned does not have to stay in quarantine any longer.

✓ Category 1 Contact Persons
  ▪ **Beginning**: Immediately after the infected person tests positive
  ▪ **End**: 14 days after the last contact with the infected person; if the contact person has a negative test result, he/she may end quarantine slightly earlier: following 10 days after the last contact with the infected person.
  ▪ The quarantine period can be shortened if:
    ▪ the cohort took place within a cohort (e.g. school class)
    ▪ at least five days have elapsed since the contact
    ▪ a negative test result has been obtained

X However, if the contact person is infected with a variant (British, South African or Brazilian), the quarantine shall last:
  o usually 21 days, and may be left at the earliest after the 14th day if a test confirms that there is no infection.

Anyone is a Category I Contact Person if he or she:
  ▪ was close to an infected person (at a distance of less than 1.5 metres) for at least 15 minutes
  ▪ or had very close contact with an infected person for a shorter period of time,

Anyone else is also a Category I Contact Person if he or she:
  ▪ was together with an infected person during 30 minutes or longer
  ▪ in a relatively narrow or poorly ventilated room (such as a classroom or group room)

Anyone is a also Category I Contact Person if he or she was inside a room:
  ▪ together with an infected person from the same cohort during 30 minutes or longer
Category I Contact Persons who are in quarantine may stay in a garden, on a terrace or on a balcony if these places belong directly to the apartment.

The exceptions

Category I Contact Persons do not have to go into quarantine if they
- are medical staff and wore protective equipment
- were already infected with corona before

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).

2. People entering Bremen from a foreign country

The general rule

People entering the federal state of Bremen from a foreign country must comply with the following:
- People entering Bremen from a foreign country must go into quarantine for ten days if they were in a region at risk over the last 10 days.
  - But: For people entering Germany from a virus variant area, the quarantine period lasts 14 days and cannot be shortened. (The regions at risk and virus variant areas are listed on the website of the Robert Koch Institute.)
- If people entering Bremen from a foreign country get corona symptoms within 10 after entering Bremen, they must immediately notify the responsible public health department.

The exceptions

These people entering Bremen from a foreign country neither have to go into quarantine nor inform the authorities about their entry (unless they have corona symptoms):
- Persons in transit
- People who stayed in a region at risk for less than 24 hours
- People who stay in Germany for less than 24 hours
- People who stay in the federal state of Bremen for less than 72 hours and
  - visit their own parents, children or partners
- are urgently required medical personnel
- transport people or goods across the border
- are diplomats, government officials or members of parliament

- People who live in Bremen and have to travel to a region at risk for training, study or work, and who return to Bremen once a week (border commuters)
- People who live in a region at risk and have to travel to Bremen for training, study or work, and who go back home at least once a week (regular border crossers)
- Members of the German Federal Armed Forces
- Members of foreign armed forces
- Persons who come to Germany to work here for at least 3 weeks if the employer has provided for hygiene measures at their place of work and accommodation for the first 10 days and if contact with others is avoided, similar to quarantine.

These people entering Bremen from a foreign country neither have to go into quarantine nor inform the authorities about their entry, provided they have no corona symptoms and provided they take a test, which must be negative, no later than 48 hours after entering Bremen:

- People that maintain public safety and order, are involved in the administration of justice, or ensure the functioning of the health system, parliament, government and administration, or the functioning of institutional bodies of the European Union or of international organisations; such people require a certificate from their employer
- People who visit their parents or children for more than 72 hours, or who visit their siblings, grandparents or grandchildren; people in urgent need of medical treatment
- People helping other persons who are in need of protection and assistance
- Police officers returning from a foreign mission
- People who had to stay in a region at risk during up to 5 days for training, study or work due to reasons that could not possibly be delayed. Such people require a certificate from their employer or educational institution
- Persons who have been accredited for an international sporting event and invited by a national sports federation
- People entering Bremen who spent their holidays in a number of regions at risk
- Persons who have stayed in a region at risk as employees of air, ship, rail, road logistics/forwarding or bus transport companies or as crew members of aircraft, ships, trains and buses

They must submit this certificate to the public health department on request. The confirmation may be in hardcopy or digital form. In addition, the confirmation must be in German, English or French language. They must keep the certificate for at least ten days after entering Bremen.

The exceptions only apply if people entering the country do not come from an area where the new, highly contagious virus variants have appeared.
The exceptions only apply if you do not have any corona symptoms, such as coughing, fever, sniffles, loss of smell or loss of taste. Anyone getting such symptoms within the first ten days after entering Bremen must necessarily see a doctor.

3. 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
- Minimise external contact
- 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.

4. Shortening of the quarantine period after entering Bremen

Persons entering Bremen from some regions at risk may only leave quarantine after 5 days at the earliest if they present a negative corona test on paper or electronically. The test must be in German, English or French. The test must be presented within 10 days after entering Bremen to the public health department or the competent public authority.

The test must have been taken at least 5 days after entering Bremen.

You must keep the test for at least ten days after entering Bremen.

If you are actually in quarantine and want to undergo a test, the quarantine is briefly lifted only for this purpose. After the test you have to go back into quarantine immediately.
However, there is no possibility to shorten the quarantine period if you enter Bremen from a virus variant region.

5. Local measures and additional orders
   (§ 22a)

The public authorities in Bremen and Bremerhaven are entitled to enact further rules and prohibitions, governing for example where you have to wear a mouth-and-nose cover in public. Or where alcohol may not be sold for a certain period of time.

If 100 people or more per 100,000 inhabitants become infected in Bremen or in Bremerhaven within 7 days, and if this number continues on three consecutive days, the local authorities shall enact stricter rules and prohibitions again to improve the protection of people from a corona infection. This is called “emergency brake”.

- If that is the case, private meetings will only be allowed again between one household and one other person.
- If that is the case, sport may only be exercised as follows:
  - Sport that you can do on your own (such as jogging, cycling)
  - Outdoors
  - On your own, in pairs or only with people from your own household
- If that is the case, museums, zoos and animal parks will have to close again
- If that is the case, you will no longer be allowed to go to shops in order to request advice.
- If that is the case, you will also have to wear a mask inside the car if you do not live in the same household as the driver

If 200 people or more per 100,000 inhabitants become infected in Bremen or in Bremerhaven within 7 days, the local authorities shall enact additional rules and prohibitions to improve the protection of people from a corona infection.

Up-to-date information on the implementation of the "emergency brake" in Bremen and Bremerhaven is available in the daily newspapers, on the radio and on local television.

Part 5
Final Provisions
(§ 23 to § 25)

For infringements, fines of up to € 25,000 may be imposed.
✓ The Ordinance restricts these fundamental rights: personal freedom, religious freedom, freedom of assembly, freedom of movement and inviolability of the home.
✓ If 50 people or less per 100,000 inhabitants become infected in the federal state of Bremen within 7 days, and if this value remains stable on three consecutive days, the State Minister of Health will have to adjust the rules and prohibitions.
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:

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

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