
National advice is produced below in English from:

- [France](#)
- [Germany](#)
- [Italy](#)
- [Spain](#)
- [United Kingdom](#)

The information is current as of 1000 European time Thursday 30 April 2020 to EMBL's best knowledge. Check the relevant government website for updates.

France: Official advice from the French Government

[Official website](#)

After an initial two-week extension announced by the Prime Minister on March 27, 2020, the confinement will be further extended until 11 May. The same rules as those currently in force will continue to apply.

On March 14, 2020, the Prime Minister decided, following the transition to stage 3 of the plan to combat the epidemic and until further notice, to close all schools, kindergartens, universities and non-essential commercial activities. These include restaurants, cafes, cinemas, nightclubs. Pharmacies, food stores, gas stations, banks, tobacco shops and essential public services are still open. Places of worship will remain open, but rallies and ceremonies will have to be postponed.

On March 16, 2020, the President of the Republic decided to take measures to minimize contact and travel. A containment system is in place throughout the territory from Tuesday, March 17 at 12:00 p.m. **Travel is prohibited except in the following cases and only if you have a certificate** for:

- Move from home to work when telework is not possible;
- Make essential purchases in authorised local shops;
- Go to a health professional;

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- Travel to take care of your children or to help vulnerable people with the strict condition of respecting barrier gestures;
 - Exercise only on an individual basis, around the home and without any gathering;
 - Brief trips, within the limit of one hour daily and within a maximum radius of one kilometre from the place of residence;
 - Judicial or administrative summons;
 - Participation in missions of general interest at the request of the administrative authority.

The certificate necessary to circulate is available [here](#).

Violations of these rules will be punished with a fine of 135 euros, with a possible increase to 375 euros and then 1500 euros in the event of repeat offences. If in doubt about these travel restrictions, you can consult the questions and answers by clicking [here](#). Only official printed certificates and honour certificates written on plain paper are valid.

Public transport is still running, albeit with a reduced service. People are advised against inter-city travel.

Risk areas are no longer relevant in stage 3, as the virus is actively circulating within France.

Deconfinement, 11 May – 2 June

On 28 April, the Prime Minister presented the national deconfinement strategy to the National Assembly. Find all the information on [this page dedicated to deconfinement](#).

- Local differences may apply. Areas will be labelled either green or red depending on the virus situation. Red departments will have stricter rules to obey.
- Travel <100 km will be permitted. Everything above this will only be authorised for urgent family or professional matters.
- Masks will be compulsory on public transport.
- Schools will reopen gradually after 11 May.
- Colleges will only open in departments with low virus circulation.
- Shops will reopen; bars and restaurants may be open after 2 June (to be reviewed end of May).
- As of 11 May, 700,000 tests will be done weekly. People testing positive will have to go into isolation.

- Parks will be opened in departments with low circulation.
- Gatherings will be limited to <10 people. No religious ceremonies until 2 June.

Germany: latest advice from the official Robert Koch Institut

[Official website of the Robert Koch Institut](#)

The overall risk to the health of the population in Germany is currently rated as high. However, this risk varies from region to region. The likelihood of serious illnesses increases with age and existing medical conditions.

On 7 April, the German government announced that due to the pandemic spread of COVID-19, and the fact that an infection risk can be assumed worldwide, **travellers from all countries are advised to enter a 14-day quarantine after entering the country (regardless of symptoms)**.

If acute respiratory symptoms occur, you should follow personal hygiene protocol, and call your local doctor by phone to explain the symptoms and inform them of your past travels.

As of 10 April, the Robert Koch Institute no longer identifies areas of risk, as the number of infections worldwide is now high.

On March 17, 2020, Germany issued a worldwide travel warning (currently estimated to end on 14 June) for unnecessary tourist trips. Severe and increasing drastic restrictions in international air and travel traffic, as well as worldwide entry restrictions, quarantine measures and restrictions on public life in many countries can be expected. The risk that you will no longer be able to start your return journey due to the increasing restrictions is currently high in many destinations. [More information here](#).

The Federal Government also announced a repatriation program in order to help German citizens to return home. Details of this program can be found [here](#).

The borders of the Schengen Area will be closed from 17 March at noon for a period of 30 days. In addition, the Federal Minister of the Interior has extended the temporary border controls to further reduce the risk of infection to intra-European air and maritime traffic. The internal border controls are now also carried out on flights arriving in Germany from Italy, Spain, Austria,

France, Luxembourg, Denmark and Switzerland. This also applies to maritime transport from Denmark.

On Wednesday 16 April, Germany announced the first steps towards gradually easing the lockdown. The full list of measures is available [here](#) (in German).

- On 20 April, retailers smaller than 800 square metres will be allowed to open on the conditions that they maintain hygiene, control access, and avoid queues. Also, regardless of their size, car dealers, bicycle dealers, and bookstores are allowed to open.
- As of 4 May, schools will start to re-open. Priority will be given to students in the final grades, and qualification-related classes of general and vocational schools who will take their exams in the next school year.
- Hair salons can resume business on 4 May, on the conditions that they maintain hygiene, control access, and avoid queues, and use personal protective equipment.
- Large events will remain banned until 31 August.
- Religious gatherings will remain banned until further notice.
- Protective masks are strongly recommended in shops and on public transportation.
- Citizens must refrain from private trips and visits – including visiting relatives. This also applies domestically and for national day trips.
- The global travel warning is maintained.
- A two-week quarantine will also be ordered for incoming travellers.
- The ongoing restrictions on social contacts (see below) remain in place.

Restrictions on social contacts in public space valid until 3 May.

- Citizens are encouraged to reduce contact with people outside of their own household to an absolute minimum.
- A minimum distance of 1.5 metres must be kept from other people in public spaces.
- Spending time in public spaces is only permitted alone, with one other person who is not living in your household, or with members of your own household.
- It is still possible to go outside for work, emergency care, shopping, doctor visits, participation in meetings, necessary appointments and exams, providing help for others, individual outdoor sports and exercise, as well as other necessary activities.
- Groups of people celebrating in public places, in apartments, or in private facilities are unacceptable and are prohibited. Violations of the contact restrictions are to be monitored by regulatory authorities and the police, and sanctioned in the event of violations.

- All restaurants must be closed. This does not apply to the delivery and collection of take-away meals for consumption at home.
- Some service companies in the field of personal care such as cosmetic studios, massage practices, tattoo studios, and similar companies must be closed (medically necessary treatments remain possible).

The state governments of Baden-Württemberg and Hamburg have implemented additional measures to contain the virus.

From 27 April in the states of Baden-Württemberg and Hamburg it is mandatory the use of face masks in shopping and on public transport. All types of masks are allowed, including homemade, as long as they cover the nose and mouth. The full list of measures is available [here](#):

Baden-Württemberg

- [Official website \(updated\)](#). *Current regulations in English (updated)*
- After the approval of the Federal Council, the state of Baden-Württemberg has published a catalogue of fines. Citizens who do not comply with the state ordinance to contain the coronavirus face severe fines ranging from 250 to 5000 EUR. The full catalogue is available [here](#).
- The city of Heidelberg has put in place further restrictions on public spaces: the Neckarwiese must not be accessed; open spaces maintained by the city may only be passed through.

Hamburg

- [Regulations \(updated\)](#)
- [General Information](#)
- The state of Hamburg has published a regulation to reduce the spread of coronavirus infections and a catalogue of fines that came into force on 3 April 2020.

Italy: information from the Ministry of Foreign Affairs

[Official website](#)

March 17, 2020 – In light of the numerous requests for return to Italy by many citizens who are abroad, the Minister of Infrastructure and Transport has signed a decree together with the Minister of Health, which obliges people to self-isolate for 14 days following their return, even if asymptomatic. [The Decree](#) concerns all people who return to Italy by any means of transport. It is also mandatory to notify the Prevention Department of the local health authority of their entry into Italy in order to initiate health surveillance.

Risk areas: Italy is relying on WHO advice, which defines ‘affected areas’ as those countries, provinces, territories or cities experiencing ongoing transmission of COVID-19, in contrast to areas reporting only imported cases.

The Italian Government has imposed a nationwide lockdown to prevent the spread of the virus, it also announced the closure of non-essential commercial activities (basic necessities and pharmacies).

On 22 March, the Italian government announced tougher measures to stop the spread of the coronavirus. The full list of measures is available [here](#). These measures include:

- all industrial and commercial production activities must be suspended (with few exceptions).
- it is forbidden for anyone in the country to move with public or private means of transport to a different municipality than the one in which they are currently located, except for non-deferrable and proven business or health reasons or other urgent matters.

The Italian government has decided to extend the restrictions until 3 May.

On 26 April, the Italian government announced new measures which will be valid from 4 May and for the following two weeks.

- Travel will be possible within the same region for reasons of work, health, necessity, or visits to relatives. Transfers outside the region will be allowed only for work, health, urgent reasons, or for returning to one's home.
- The use of masks on public transport is mandatory.
- Access to public parks will be allowed, respecting distances and regulating the entrances to children's play areas. Parks will remain closed if it is not possible to enforce the safety rules.
- Funerals will be allowed, but can only be attended by first- and second-degree relatives up to a maximum of 15 people.

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- People with fever above 37.5 °C and respiratory symptoms are required to stay at home and notify their doctor.
 - In addition to food delivery, bars and restaurants can offer takeaway service. Food must be consumed at home or at the office.
 - Closed-door training sessions of individual sports athletes will be allowed.

Spain: latest advice from the Health Ministry in Spain

[Official Website](#)

On 14 March 2020, Spain declared State of Emergency in the whole territory. The measures taken to contain the virus currently in force are valid until 9 May. During this period, people will only be allowed to leave home for the following:

- Purchase of food, medication and staple products
- Appointments in health centres and facilities
- Commute to work*
- Returning home
- Assistance to the elderly, children dependent, disabled people or people especially vulnerable
- Going to the bank and insurance offices
- Situations of force majeure
- The abovementioned situations will have to be performed individually, unless this is done to accompany disabled people or the elderly or for another justified situation.

From 26 April, children under 14 years of age are allowed to take short walks, under the following conditions:

- They must be accompanied by one adult.
- One hour a day (between 09:00 and 21:00).
- Only once a day.
- They must remain within 1 km of their home.

Measures in the educational field:

- Suspension of face-to-face teaching activity at all educational levels (Universities, Baccalaureate, Secondary Education, Primary and Infant Education, Kindergartens, Vocational Training and others)
- Suspension of complementary educational activities

Measures in commercial establishments, business, cultural facilities, restaurants, etc.

- All shops will be closed except supermarkets, pharmacies, health centres, hygiene products shops, press, dry cleaning, telecommunications, online shopping and laundry services.
- Crowds shall be avoided. Customers will have to respect the safety distance of at least one metre.
- All museums, libraries, monuments, sport pavilions, theatres, cinemas and any other leisure centres will remain closed.
- All restaurants, bars, caterer services will remain closed, being only allowed delivery services.
- Popular celebrations and other events will be cancelled.

Recommendations in the workplace

On 28 March, the Prime Minister announced the suspension of all non-essential activity from 30 March to 11 April. Now, only those who work in essential sectors (see below) are allowed to go to work. Teleworking is still permitted.

Essential sectors relevant for EMBL staff

1. Health centres, and persons (i) taking care of elders, minors, or dependent persons; (ii) working in R&D&I institutes or companies linked to research on COVID-19, or their animal houses, the maintenance of their minimal services of the premises associated to them, and the providers of products necessary to that research; (iii) people working in funerary services.
2. Sanitary attention to animals (veterinarians).

For EMBL Barcelona staff, this means:

- **You cannot go to the PRBB building under any circumstances, but you can telework – so nothing changes for most of you.** (For those who had received certificates to go to work, please disregard them.) Please note:

- The PRBB animal house will stay open and active.
- CRG/PRBB will take care of picking up the remaining deliveries (most had been cancelled) and mail.

On 16th March 2020, the Government closed the land borders of Spain. Only Spanish nationals, residents, merchandise and people in case of force majeure will be allowed to enter the country by land. Airports and ports remain open.

In case of symptoms (fever, cough, feeling like you can't breathe): stay at home and phone the emergency numbers 061 or 112, and the new numbers 010 and 012. The health services will come to your home and evaluate your health status or instruct you on how to proceed.

Risk areas are no longer listed by the Spanish government.

United Kingdom: official advice from the Department of Health and Social Care, and Public Health England

[Official Website](#)

The Foreign & Commonwealth Office (FCO) now advises British people against all non-essential travel worldwide. [This advice](#) takes effect immediately (17 March 2020) and applies for an indefinite period, due to unprecedented international border closures and other restrictions.

Essential travel does not include visits to second homes, camp sites, caravan parks or similar, whether for isolation purposes or holidays. People should remain in their primary residence. Not taking these steps puts additional pressure on communities and services that are already at risk.

The risk to the UK has been raised to high.

On 23 March, the UK government introduced three new measures to contain the virus:

1. Requiring people to stay at home, except for very limited purposes
2. Closing non-essential shops and community spaces
3. Stopping all gatherings of more than two people in public

Every citizen must comply with these new measures. The relevant authorities, including the police, will be given powers to enforce them – including through fines and dispersing gatherings. These measures are effective immediately (23 March). The government will look again at these measures in three weeks, and relax them if the evidence shows this is possible.

Stay at home guidance for households with possible coronavirus (COVID-19) infection.

- if you live alone and you have symptoms of coronavirus illness (COVID-19), however mild, stay at home for 7 days from when your symptoms started. See ending isolation section for more information
- if you live with others and you are the first in the household to have symptoms of coronavirus, then you must stay at home for 7 days, but all other household members who remain well must stay at home and not leave the house for 14 days. The 14-day period starts from the day when the first person in the house became ill
- for anyone else in the household who starts displaying symptoms, they need to stay at home for 7 days from when the symptoms appeared, regardless of what day they are on in the original 14-day isolation period. See ending isolation section for more information
- it is likely that people living within a household will infect each other or be infected already. Staying at home for 14 days will greatly reduce the overall amount of infection the household could pass on to others in the community
- if you can, move any vulnerable individuals (such as the elderly and those with underlying health conditions) out of your home, to stay with friends or family for the duration of the home isolation period
- if you cannot move vulnerable people out of your home, stay away from them as much as possible
- if you have coronavirus symptoms:
 - do not go to a GP surgery, pharmacy or hospital
 - you do not need to contact 111 to tell them you're staying at home
 - testing for coronavirus is not needed if you're staying at home
 - plan ahead and ask others for help to ensure that you can successfully stay at home and consider what can be done for vulnerable people in the household
 - ask your employer, friends and family to help you to get the things you need to stay at home
 - wash your hands regularly for 20 seconds, each time using soap and water, or use hand sanitiser
 - if you feel you cannot cope with your symptoms at home, or your condition gets worse, or your symptoms do not get better after 7 days, then use the NHS 111 online coronavirus service. If you do not have internet access, call NHS 111. For a medical emergency dial 999
 - In Scotland call your GP or NHS 24 on 111 out of hours.
 - In Wales call 111 (if available in your area) or 0845 46 47.

The UK government has announced the closure of schools, childcare and other educational settings. Schools will close from Monday 23 March, except for children of key workers and vulnerable children. More information can be found [here](#).

The government has also urged the public to take further steps to protect themselves and the wider population from the coronavirus, including:

- Everyone to stay at home unless they need to get essential supplies such as food and medicines.
- All those able to work from home to do so, unless their work is essential.
- Only traveling if absolutely necessary – while public transport won't stop, this should only be used for essential travel – for example by key workers to travel to and from work.