
National advice is produced below in English from:

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

The information is current as of 1000 European time Friday 29 May 2020 to EMBL's best knowledge. Check the relevant government website for updates.

France: official advice from the French Government

[Official website](#)

A deconfinement period with different phases started on 11 May and is predicted to last until 2 June. You can find a map and additional information on [this page](#).

Areas of France have been divided into either green or red zones, with each having different permissions and restrictions. For the health of all, and because of the continued risk of exposure to the virus, it is important to continue to scrupulously respect the barrier measures and distancing measures, to wear masks as much as possible, and to be vigilant and responsible in cases of symptoms or contamination.

The following restrictions apply to both colours of department.

- Wear masks on public transport.
- Children may go to a nursery, kindergarten, or elementary school; colleges and high schools will remain closed.
- 14-day quarantine for people testing positive for COVID-19.
- Obey physical distancing restrictions.
- People should work from home wherever possible.
- Work regulations:
 - Work from home wherever possible until the end of June.

- Respect the sanitary rules that your company puts in place.
 - Comply with barrier measures.
 - Use alcohol-based hand gel for yourself and disinfectant wipes or products for your office equipment, keyboard, mouse, etc.
 - You must wear a mask in situations where collective precautionary measures are deemed insufficient to ensure respect for physical distancing.
 - Work organisation: staggered timetables/schedules, spacing and respect for physical distancing, consideration of number of people per space or office, cleaning/disinfection, compliance with barrier measures, hand hygiene, detection of symptomatic people, etc.
 - Configuration of shared offices to avoid face-to-face meetings and allow a separation distance of more than one metre.
 - Organisation of collective catering to limit the number of people present in the same place.

Parks and middle schools will remain closed in red departments, but will open in green ones.

- If you show symptoms of COVID-19, you should:
 - Avoid contact with others.
 - Call your doctor.
 - Undertake a 14-day quarantine if you test positive.
 - Call emergency services if you have difficulty breathing.

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

Violations of these rules will be punished with a fine of €135, with a possible increase to €375 and then €1500 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.

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.

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

On 17 March, Germany issued a worldwide travel warning (currently estimated to end on 14 June) for unnecessary tourist trips. Travellers from all countries are advised to enter a 14-day quarantine after entering the country (regardless of symptoms). More information can be found [here](#).

Current recommendations and legal restrictions regarding the situation are below. The full list of measures is available [here](#) (in German).

- All retailers are allowed to resume business, provided they observe hygiene rules and regulations.
- Federal states are allowed to decide for themselves how and under what restrictions schools will be allowed to reopen, but generally speaking schools should open again.
- Large events will remain banned until 31 August.
- Protective masks are enforced in shops and on public transportation.

Restrictions on social contacts in public space valid until further notice:

- 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.
- It is still possible to go to 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.
- Church services and public prayers are to be permitted again.
- Playgrounds are to be reopened subject to conditions.

- Cultural facilities including museums, exhibitions, galleries, monuments, zoos, and botanic gardens are also to be allowed to open subject to conditions.

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 to wear a face mask in shops 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. The full catalogue is available [here](#).
- Shops are allowed to open normally again, independent of their size, as long as health security measures are in place.
- Hospitality (except bars and nightclubs) is allowed to reopen under restrictions.
- Kindergartens are allowed to resume operation at 50% capacity.

Hamburg

- [Regulations \(updated\)](#).
- 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.
- Kitas and Kindergartens will reopen based on a four-step plan.
- Hospitality will be allowed to open with restrictions.
- Shops are allowed to open normally again, independent of their size, as long as health security measures are in place.

Italy: information from the Ministry of Foreign Affairs

[Official website](#)

On 16 May, the Prime Minister presented a new decree which contains a plan to ease the restrictions from 18 May. Restrictions will be further eased from 3 June.

General measures

- People with fever above 37.5 °C and respiratory symptoms are required to stay at home and notify their doctor.
- Home isolation is mandatory for people testing positive for the coronavirus or their close contacts, if decided by the health authorities.
- Schools of all levels and universities will remain closed. In-person educational and training activities are suspended.
- Banking, financial, and insurance services remain guaranteed, in compliance with health and hygiene regulations.
- Gatherings in public places are prohibited; events with the presence of the public may take place, where deemed possible on the basis of epidemiological data. Mayors may close areas where physical distancing cannot be guaranteed.
- Religious services are to be performed in compliance with measures to prevent the risk of contagion.

Travel

Within the same region

From 18 May, all restrictions on travel within the same region are removed, except for more restrictive provisions for specific areas where an increased risk of infection is detected.

- The self-declaration will no longer be necessary.

Between regions

- Until 2 June, travel from one region to another is possible only for reasons of work, health, or absolute urgency.
- It will be possible to meet friends in addition to relatives.
- The use of masks is mandatory on public transport and on all occasions when it is not possible to ensure continuous maintenance of the safety distance.

To and from Italy

Until 2 June, people returning to Italy by any means of transport are obliged to self-isolate for 14 days, even if asymptomatic. It is also mandatory for them to notify the Prevention Department of the local health authority of their entry into Italy, in order to initiate health surveillance.

Exception is made only for people who need to enter the country exclusively for proven work requirements and for a period not exceeding 72 hours. In this case, it is mandatory to carry an official declaration providing the address of stay in Italy and contact details.

From 3 June, it will be possible to move into and out of the country, but there may be specific provisions for entries and departures in certain areas; international and EU restrictive measures obviously continue to apply, including those restricting entry to foreign countries from Italy.

Again from 3 June, it will be possible to enter Italy from countries of the European Union and Schengen Area without the obligation of 14 days of quarantine.

Specific measures adopted by the Regione Lazio

Individual regions may adopt their own protocols in accordance with the principles contained in the national protocols or guidelines.

Economic and productive activities

From 18 May, the following economic and commercial activities are permitted:

- Retail trade, including shopping centres and outlets.
- Trade in public areas (markets, off-market parking, and kiosks).
- Craft activities.
- Food and beverage services.
- Personal service activities (e.g. barber shops, hairdressing salons, beauty salons, tattoo and piercing centres).
- Travel agencies.

Sports activities

From 18 May, individual sports activities are permitted, including in sports facilities and centres, in compliance with the measures of sanitation and physical distancing, excluding the use of changing rooms, swimming pools, gyms, and socialising places.

Spain: latest advice from the Health Ministry in Spain

[Official website](#)

The following measures have been taken to contain the virus, which are still enforced but depend on your area of residence in Spain. It is not recommended to leave your house except for:

- Purchasing food, medication, or staple products.
- Appointments in health centres and facilities.
- Commuting to work.
- Returning home.
- Providing assistance to the elderly, dependent children, disabled people, or especially vulnerable people.
- Going to the bank or insurance offices.
- Situations of *force majeure*.

The government has closed the land borders of Spain. Only Spanish nationals, residents, merchandise, and people in cases of *force majeure* will be allowed to enter the country by land. Airports and ports remain open.

The above activities must be carried out individually, unless this is done to accompany disabled people or the elderly or for another justified reason.

Measures in education:

- 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.

Sectors relevant for EMBL staff. The following work is permitted:

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 the minimal services of the premises associated with them, and the providers of products necessary to that research; (iii) people working in funerary services.

2. Sanitary attention to animals (veterinarians).

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.

On 11 May, the Spanish government announced a gradual de-escalation programme based on stages for different areas of Spain. The guidelines set out for each phase are as follows.

Phase 1: Initial steps (applicable to Barcelona and Madrid)

- More activities will reconvene, but with security measures in place. Bigger parks and shopping centres will remain closed.
- Terraces can open with a capacity of 30%, as well as hotels and tourist accommodation, but common areas will not be in use.
- Religious facilities will reopen with strict restrictions on capacity.
- High-performance sports centres will reopen but with athletes assigned schedules.
- **The limitations and timeslots available for each age group can be found [here](#).**

Phase 2: Intermediate (majority of Spain has entered this stage)

- More premises will open at 30% of their capacity and barriers will be in place to maintain distances between members of the public.
- The academic year will start in September. Cinemas, museums, and theatres will open to a third of their capacity.
- Places of worship will be limited to 50% of capacity.

Phase 3: Advanced

- The final stage before returning to what was seen as normal.
- Things will become more flexible, though masks will still be recommended in public and particularly on public transport.

-
- Capacity of commercial areas will be limited to 50% and a minimum distance of 2 metres will be advised between people.

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 and applies for an indefinite period.

Stay at home guidance for households with possible coronavirus (COVID-19) infection can be found on [this](#) website.

From 13 May, the UK will ease some lockdown restrictions.

Reasons you may leave your home include:

- For work, where you cannot work from home. (please note the Genome Campus is closed and EMBL-EBI staff must continue to work from home unless advised otherwise)
- Going to shops that are permitted to be open, to get things like food or medicine.
- To exercise or spend time outdoors.
- Any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or to provide care or to help a vulnerable person.

All other non-essential retail, ranging from department stores to small independent shops will be allowed to reopen from 15 June, provided that they follow new COVID measures.