National advice is produced below in English from:

- France
- Germany
- Italy
- Spain
- United Kingdom

The information is current as of 1000 European time Tuesday 16 June 2020 to EMBL’s best knowledge. Check the relevant government website for updates.

France: official advice from the French Government

Official website

The majority of France is now considered a ‘green’ area, meaning that life is on its way to the ‘new normal’. Measures such as wearing masks and remaining vigilant to symptoms and contamination are advised.

- 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 following recommendations still apply:

- 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.
- Keep physical distance.
- Work from home wherever possible until the end of June.
- Respect the sanitary rules that your company puts in place.
  - Comply with barrier measures.
o Use alcohol-based hand gel for yourself and disinfectant wipes or products for your office equipment, keyboard, mouse, etc.

o 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.

o Configuration of shared offices to avoid face-to-face meetings and allow a separation distance of more than one metre.

o Organisation of collective catering to limit the number of people present in the same place.

**Restaurants and bars will be allowed to open only their terraces in orange departments, but will be allowed to function normally in green zones. Paris will be allowed to open its bars and restaurants at full capacity.**

European borders with France are open. France is to gradually reopen borders with countries outside the Schengen Area from 1 July.

**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.

The German borders have reopened, allowing free travel to Germany from the Schengen Area.

**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.
• Church services and public prayers are permitted again.
• Playgrounds can reopen, subject to conditions.
• Cultural facilities, including museums, exhibitions, galleries, monuments, zoos, and botanic gardens are allowed to open, subject to conditions.

Baden-Württemberg

• Official website (updated). Current regulations in English (updated):
• Hospitality (except nightclubs) is allowed to reopen under restrictions.
• Kindergartens are allowed to resume operation at 50% capacity.
• Celebrations with a maximum of 99 participants are again possible.
• It is permitted to stay in public spaces in a group with members of up to two households or up to ten people.
• At events and other gatherings outside public spaces, up to 10 people from several households may now meet, or without any numerical restriction if all persons are related to each other.

Hamburg

• Regulations (updated).
• Daycare centres will reopen for up to 20 hours per week.
• School students will return to school for one day per week.
• Hospitality will be allowed to open with restrictions.

Italy: information from the Ministry of Foreign Affairs
Official website

From 3 June, restrictions have been further eased.

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 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 performed in compliance with measures to prevent the risk of contagion.

Travel

Within Italy

From 3 June, it will again be possible to move between different regions for any reason.

The self-declaration will no longer be necessary.

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

From 3 June, travel to and from the following states will be freely permitted:

- Member states of the European Union.
- States party to the Schengen Agreement.
• United Kingdom of Great Britain and Northern Ireland.
• Andorra, Principality of Monaco.
• The Republic of San Marino and the Vatican City State.

From 3 June, people entering or returning to Italy from these countries will no longer be subject to health surveillance and isolation for 14 days.

People travelling to and from states other than those listed above 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.

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 2020, the following economic and commercial activities shall be permitted:

• Retail trade, including shopping centres and outlets.
• Trade on public areas (markets, off-market parking, or 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 measures of hygiene and physical distancing, and 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.

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 2: Intermediate (majority of Spain has entered this stage, including Barcelona)**

In this phase, the following are now allowed:

Walks and sports. There are almost no time limits. People under 70 years old are entitled to go for a walk or do sports anytime except between 10:00 and 12:00 and between 19:00 and 20:00, since those times are reserved for people over 70 years old. Sports can now be performed in swimming pools, sport centres, or open air facilities, at up to 30% of their capacity.

The following activities are now permitted with no time or distance limits:

- Visiting family or friends, including elderly relatives and relatives with disabilities who are in residences or sheltered homes.
- Meetings of up to 15 people are allowed, but keeping the 2-metre distance between people who don’t live together.
- Bars and restaurants:
  - Consumption inside their premises is now possible, at up to 40% of their capacity, only available in seated tables and preferably with prior booking.
  - Terraces are open up to 50% of their capacity and with a maximum of 15 people per group. The distance between tables has to be of at least 2 metres.
- Shops, regardless of their size, are able to open at up to 40% of their capacity. A prior appointment is not necessary. Priority should be given to people over 65 years old.
- Shopping malls and street markets are able to open at up to one-third of their capacity. Recreational areas will still be closed. Priority should be given to people over 65 years old.
- Cinemas, theatres, and concert halls may also open at up to 30% of their capacity, and with pre-assigned seats.
• Museums can open, but without guided visits or special exhibitions that could involve a high concentration of people.
• Travel to second residences and other changes of residence are permitted as long as they are within the same sanitary region of residence (note that Barcelona city, North Metropolitan Area and South Metropolitan Area, constitute one region).
• Hotels can reopen at up to 40% of their capacity. Common areas can open with up to one-third of their capacity. Recreation activities and group classes are allowed with a maximum of 20 people.
• Beaches are now open for individuals and groups of up to 15 people, ensuring social distancing among people not living together. The Barcelona Town Hall can limit access and capacity to ensure social distancing. The Catalan authorities have already established a requirement of 4 m² per person.
• Funerals can take place either in public or private places and with up to 25 people if held outdoors or 15 people in enclosed spaces.
• Weddings can be celebrated at up to 50% of the capacity of the venue, with a limit of 100 people in the open air and 50 people in enclosed spaces.
• Congresses, work meetings, conferences, and seminars with a maximum of 50 people, ensuring the safety distance of 2 metres is respected.
• Non-university education and training can reopen, specifically for those students that are on the last course of an educational programme. Academies and driving schools can also reopen with a limited capacity of one-third, and prioritising online training.
• Travelling between provinces in Spain is forbidden.

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.

Reasons you may leave your home include:

- For work, where you cannot work from home. (Please note the Wellcome Genome Campus is closed and EMBL-EBI staff must continue to work from home unless advised otherwise.)
- Shopping. Shops have been reopened and all forms of purchase are legal.
- 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.

Primary schools will be reopening. Vulnerable people will be able to leave confinement again.

Test, track, and trace

As soon as anyone in your house (including children under the age of 5) experiences symptoms, you should now ask for a test online or call 119. If the test comes back negative, everyone in your household can go back to normal and they no longer need to isolate. If the test comes back positive, the NHS Test and Trace team will get in touch – via text, email or phone call – to discuss whom you have come into close contact with. Any of those contacts deemed at risk of catching the virus will be instructed by the NHS to go into isolation for 14 days, whether they are sick or not. They will be tested only if they develop symptoms. The rest of their household does not have to isolate, unless someone becomes ill.

Advice on travel for passengers
The UK government has released new guidance for air travellers. The full guidance can be found here.

- Avoid the busiest times and routes.
- Keep your distance when your travel (2 metres apart where possible).
- Minimise the time you spend near other people.
- Wash your hands regularly with soap and water for at least 20 seconds, particularly after touching surfaces, for example luggage trolley handles, self-service check-in, and security trays.
- Use hand sanitiser if hand washing facilities are not available.
- Be aware of the surfaces you touch.
- If you can, you should wear a face covering in airports and on board aircraft.
- You should remove your face covering if asked to do so by police, border control, or airport security for the purposes of identification.
- Make the cabin crew aware if you become ill.

You should not travel if you:
- Are experiencing any coronavirus symptoms or have done in the last 7 days.
- Are self-isolating as a result of coronavirus symptoms.
- Are sharing a household with somebody who has experienced coronavirus symptoms in the last 14 days.
- Have been told to self-isolate as a result of having been in close contact with someone who has been confirmed to have coronavirus in the last 14 days.

**On arrival in the UK**

On arriving in the UK, you must comply with border, immigration, and self-isolation requirements.

If you are entering the UK from outside the Common Travel Area (CTA), you will need to:
- Provide journey and contact details before travelling to the UK.
- Self-isolate.

These measures apply to anyone entering the UK, regardless of nationality or length of trip. There are specific exemptions in place.