



Město Lysá nad Labem

Husovo náměstí 23, 289 22 Lysá nad Labem

INFORMATION FOR EMPLOYEES

On 12 March 2020, a state of emergency was declared in the Czech Republic in response to the spread of the new type of coronavirus. **The Czech government has introduced the following measures:**

- From 16 March, **free movement of people is restricted** in the whole country. You are allowed to leave your home only in the following cases: going to work; visiting your family and relatives if urgent; buying food, basic necessities, medication or pet supplies; seeing a doctor; running administrative errands if urgent; going to the post office if urgent.
- Whenever **you leave your home, you are obliged to wear a face mask or cover your mouth and nose properly using other means**, including in the workplace.
- All people **under the age of 65 are banned from going to grocery shops between 7 AM and 9 AM.**
- Respect the rules of social distancing. Keep a sufficient distance from other people at all times.
- If you feel ill, do not go to your doctor. **Phone your doctor or the Regional Health Authority.**

Symptoms include:



High temperature



Cough



Shortness of breath



Muscle pain



Fatigue

How to avoid spreading coronavirus:



When sneezing or coughing, always cover your mouth with a tissue, do not sneeze or cough in your hand!



Wash your hands often and thoroughly with water and soap.



Avoid people who are visibly ill.

Important contacts:

phone number: **1212**

More information at <https://koronavirus.mzcr.cz/>