National advice is produced below in English from:

- France
- Germany
- Italy
- Spain
- United Kingdom

The information is current as of 1500 European time Sunday 15 March 2020 to EMBL’s best knowledge. Check the relevant government website for updates.

France: Official advice from the French Government

https://www.gouvernement.fr/info-coronavirus

The virus no longer comes only from China and Italy. It is already circulating in several regional clusters of cases. For people returning from a risk area, 14-day isolation periods are no longer recommended. Instead there are some social restriction measures. However, 14-day isolation is maintained for high-risk contact cases. For this reason:

Given the evolution of the Coronavirus Covid-19 epidemic, it is preferable to postpone travel abroad, as much as possible. For trips to areas where the virus is actively circulating (see list of risk exposure areas established by the Ministry of Health), reference should be made to the specific recommendations contained in the advice for travelers to the country concerned.

The Ministry of Europe and Foreign Affairs regularly updates its travel advice (http://www.diplomatie.gouv.fr/fr/conseils-aux-voyageurs/conseils-par-pays-destination/). Some countries have taken restrictive measures with regard to people from France (ban on entry, compulsory isolation, measures to detect symptoms): the Ministry of Europe and Foreign Affairs regularly updates the list of these destinations in its travel advice.

There are more restrictive measures for grouped cases:

- In the Oise:
  - All collective gatherings will be banned until further notice (for the whole department).
In the six communes of the Oise (Creil, Crépyen Valois, Vaumoise, Lamorlaye et Lagny le Sec, La Croix St Ouen) which are particularly affected, all schools are closed.

- It is recommended that residents should limit their travel: this means that they can travel for food and shopping, but they should not go to gatherings, they should avoid unnecessary travel and, if possible, use teleworking instead of going to work.

- The same measures are applicable in the commune of La Balme in Haute-Savoie.

In order to curb the spread of the virus, on a national scale, all gatherings of more than 1,000 people, outside and inside, are now prohibited, except for events essential for the continuity of the life of the nation. The exception includes: demonstrations, contests, electoral meetings, or even the use of public transport. International school trips are suspended until further notice.

Risk areas:

- China (Continental China, Hong Kong, Macao)
- Singapore
- South Korea
- Iran
- Certain regions of Italy: Emilia-Romagna, Lombardy and Venetia

Germany: latest advice from the official Robert Koch Institut

https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Risikogebiete.html

EMBL’s is aligning with official German government advice. Therefore, regardless of symptoms, everyone who has been in a risk area identified by the RKI in the past 14 days should avoid unnecessary contact with other people and stay at home. For EMBL staff, if you have been in a risk area in the past 14 days you should not come to work, but stay at home and contact your supervisor and HR immediately to arrange the details.

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.

Risk areas:

- Italy
- Iran
- In China: Hubei province (including the city of Wuhan)
- In South Korea: Nord-Gyeongsang
- In France: Grand Est Region (this region includes Alsace, Lorraine and Champagne-Ardenne)
According to the Ministry of Health website: people who have visited Austria or Switzerland in the last 14 days should stay at home for two weeks (https://www.bundesgesundheitsministerium.de/coronavirus)

The joint crisis management team of the Ministry of the Interior and the Ministry of Health recommended that all major events with more than 1,000 expected participants be cancelled. For all events with up to 1,000 expected participants, a risk assessment based on the criteria of the Robert Koch Institute (RKI) should be carried out together with the responsible health authority. In addition, the Federal Police will intensify its controls, particularly at the southern borders.

Persons returning from a risk area may be asked to complete a self-declaration form.

**Italy: latest advice from the Italian Health Ministry**

http://www.salute.gov.it/nuovocoronavirus

Persons who entered Italy from mid-February after staying in a risk area defined by the World Health Organization, or had transited or stopped in the Italian quarantine area must contact a general practitioner, or the local public health service.

**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).

Teaching activities in schools and universities are suspended until 3 April.
Spain: latest advice from the Health Ministry in Spain


For persons returning from a risk area, in addition to adopting general protection measures for viruses (washing hands etc – see the WHO advice above), people should carry out with their normal lives at work, school and in general, and monitor their health during the next 14 days.

No symptoms: maintain your normal routine (no additional measures are needed)

Symptoms (fever, cough, feeling like you can’t breath): stay at home and phone the emergency number 112. The health services will come to your home and evaluate your health status.

Spain has announced the suspension of face-to-face teaching activity at all educational levels (Universities, Baccalaureate, Secondary Education, Primary and Infant Education, Kindergartens, Vocational Training and others).

Risk areas:

- Spain: the Autonomous Communities of Madrid and La Rioja; the municipalities of Labastida-Bastida and Vitoria-Gasteiz (Basque Country) and Miranda de Ebro (Castilla y León)
- Italy (the whole country)
- France: departments of Haut-Rhin (Grabd Est) and l'Oise (Hauts-de-France)
- Germany: department of Heinsberg (North Rhine-Westphalia)
- China (all provinces, including Hong Kong and Macao)
- South Korea
- Japan (Hokkaido Island) [Note: Before it was the whole country]
- Singapore
- Iran

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


The government advises against all and all but essential travel to some countries, cities and regions. People must check the travel advice to the country you are travelling to (https://www.gov.uk/foreign-travel-advice).
Stay indoors and avoid contact with other people if you’ve travelled to the UK from the following places, even if you do not have symptoms:

- anywhere in Italy on or after 9 March
- specific areas in northern Italy in the last 14 days
- Iran in the last 14 days
- Hubei province in China in the last 14 days
- Daegu, Cheongdo or Gyeongsan in South Korea in the last 14 days

Stay indoors and avoid contact with other people if you’ve travelled to the UK from the following places in the last 14 days and have a cough, high temperature or shortness of breath, even if your symptoms are mild:

- Italy (outside specific areas in northern Italy) before 9 March
- mainland China outside of Hubei province
- South Korea outside of Daegu, Cheongdo and Gyeongsan
- Cambodia
- Hong Kong
- Japan
- Laos
- Macau
- Malaysia
- Myanmar
- Singapore
- Taiwan
- Thailand
- Vietnam

Specific areas in northern Italy:

- Lombardy region (which includes the cities of Milan, Bergamo and Como)
- the provinces of Modena, Parma, Piacenza, Reggio Emilia and Rimini (all in Emilia Romagna)
- Pesaro e Urbino (in Marche)
- Alessandria, Asti, Novara, Verbano-Cusio-Ossola and Vercelli (all in Piemonte)
- Padova, Treviso and Venice (in Veneto)

If you have symptoms of coronavirus infection (COVID-19), however mild, do not leave your home for 7 days from when your symptoms started.

- this action will help protect others in your community while you are infectious.
- plan ahead and ask others for help to ensure you can successfully stay at home
- ask your employer, friends and family to help you to get the things you need to stay at home
- stay at least 2 metres (about 3 steps) away from other people in your home whenever possible
- sleep alone, if possible
- wash your hands regularly for 20 seconds, each time using soap and water
- stay away from vulnerable individuals, such as the elderly and those with underlying health conditions, as much as possible
- you do not need to call NHS 111 to go into self-isolation. If your symptoms worsen during home isolation or are no better after 7 days, contact NHS 111 online. If you have no internet access, call NHS 111. For a medical emergency dial 999

Use the 111 online coronavirus service to find out what to do next. Do not go to a GP surgery, pharmacy or hospital. Testing for coronavirus is not needed if you’re staying at home.

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.