



CURRENT RULES AND RESTRICTIONS

(current as of April 7, 2020)

*Violation of the obligation of hospitalization, quarantine or isolation in connection with the prevention, prevention or eradication of COVID-19 shall be punishable by up to **PLN 30,000**.*



<https://www.gov.pl/web/koronawirus/aktualne-zasady-i-ograniczenia>

1

RESTRICTIONS ON MOVEMENT, TRAVELLING, BEING IN PUBLIC SPACES.

Leaving the house should be kept to a minimum, while staying at least two metres away from other pedestrians.

You can move in the case of:

- travelling to and from work (it also applies to the purchase of goods and services associated with business activities),
- volunteering in order to fight COVID-19 (it applies to helping persons in quarantine or those who should not leave their houses),
- carrying out activities necessary for everyday life (which includes, among others, necessary shopping, buying medicine, medical appointments, taking care of relatives),
- carrying out activities related to the implementation of the tasks set out in the Act – Hunting Law on the protection of animal health and combating animal infectious diseases, as well as the purchase of goods and services associated with them

Important! 2 meters – minimum distance between pedestrians

We introduce an obligation to maintain at least a 2-meter distance between pedestrians. This also applies to families and members of the same household.

Excluded from this requirement are:

- parents with children requiring care (up to 13 years of age),
- as well as people with disabilities, those who cannot move on their own, people with special education needs statement and their caregivers.

Valid: until April 11, 2020



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2

RESTRICTION FOR PERSONS UNDER 18 YEARS OF AGE BEING OUTSIDE THE HOUSE WITHOUT ADULTS

Children and adolescents who are under 18 years of age cannot leave their house unattended.

Only the presence of a parent, a legal guardian or an adult justifies their presence on the street and only in certain cases:

- travelling to and from work,
- volunteering in order to fight COVID-19,
- or doing things necessary for everyday life.

3

BAN ON BEING IN PUBLIC GREEN AREAS

The ban applies to parks, lawns, promenades, boulevards, botanical gardens and zoological gardens or children playgrounds. The ban also includes beaches.

It is also prohibited to use city bikes.

4

PUBLIC TRANSPORT

On the bus, tram or subway, only half of the seats can be occupied.

It is **best** when every other seat is left empty. If there are 70 seats in the vehicle, it can accommodate up to 35 people.

Valid: until April 11, 2020

5

CARS FOR MORE THAN 9 PEOPLE

In the car with more than 9 seats, up to half of the seats can be occupied.

Important! This restriction does not apply to passenger cars.

Valid: from April 2, 2020



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6 BAN ON GATHERING, MEETINGS AND EVENTS

It is forbidden to organize any gatherings, meetings or events for more than 2 people. This restriction does not apply to meeting relatives.

Excluded are: workplaces.

However, employees will have to provide additional security measures to their employees. In any case:

- employees must use gloves or have access to liquid disinfectants,
- workplaces of individual persons must be at least 1.5 meters from each other.

If an employer is not able to ensure this distance (1.5 m) due to objective reasons, e.g. because the production line does not allow it, he/she has the right to deviate from this principle, **but only while providing personal protective equipment to fight the epidemic.**

Important! Employers must ensure that these safety measures are provided from Thursday, April 2, 2020.

Valid: until April 11, 2020

7 ACTIVITIES OF SHOPPING MALLS AND CENTRES

Commercial activities in shopping malls can be carried out only by the following industries:

- food industry,
- cosmetics (except perfumes or beauty products),
- toilet and cleaning products,
- medical and pharmaceutical products,
- renovation and construction work,
- press,
- pet products,
- fuel.

Important! Medical, banking, insurance, postal, laundry or catering (delivery and takeout) services can be provided in shopping centres. The so-called island displays are forbidden to carry out commercial activities.

Valid until: further notice



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8 NUMBER OF CUSTOMERS BEING SIMULTANEOUSLY IN SHOPS, MARKETS, POST OFFICE

■ Shops and service outlets

As many people as the total number of cash registers or payment points multiplied by 3 can be in shops (small and large) or any other service outlet at the same time. This means that if a shop has 5 cash registers, 15 customers can be inside at the same time.

■ Seniors hours

Between 10:00 and 12:00, shops and service outlets can handle only those over 65 years of age. In the remaining hours, shops and service outlets are accessible to all customers, including people over the age of 65.

Important! Petrol stations are excluded from the so-called “seniors hours”.

During those two hours (10:00-12:00), pharmacies can handle those for whom the purchase of medicine or foods for special medical purposes is necessary due to the sudden threat to life or health.

■ Markets

As many people as the number of sales points multiplied by 3 can be at the same time in a market or a bazaar. If there are 20 sales points in your local market, up to 60 people can be there at the same time.

■ Post offices

As many people as the number of service windows multiplied by 2 can be in the post office at the same time. If the post office has 5 service windows, up to 10 people can be inside at the same time.

9 LARGE CONSTRUCTION STORES

On weekends, large constructions stores will be closed.



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**10**

HAIRDRESSERS, COSMETIC AND TATTOO AND PIERCING SALONS CLOSURE, REHABILITATION SUSPENSION

All hairdressing salons, personal grooming, tattoo and piercing establishments are closed without exceptions. These services cannot be provided outside the above-mentioned places – e.g. home visits are forbidden.

Valid: from April 1, 2020

11

PARTICIPATION IN RELIGIOUS EVENTS

Up to 5 people can participate at the same time in a mass or any other religious rite, excluding those who exercise the ministry (in case of funerals – people employed by the funeral parlour).

Important! We encourage you to participate in religious events via TV, radio or the Internet.

Valid: until April 11, 2020

12

CROSSING POLISH BORDERS BY FOREIGNERS

The borders of Poland can be crossed only by:

- Polish citizens,
- foreigners who are spouses or children of Polish citizens or are under the care of Polish citizens,
- people who hold the Pole's Card,
- diplomats,
- persons with a permanent or temporary residence in Poland or a work permit,
- in special cases, the commanding officer of the Border Guard, with the consent of the Chief Commander of the Border Guard, can allow a foreigner to enter Poland in the manner specified in the Act of 12 December 2013 on foreigners (Journal of Laws of 2020 item 35).
- foreigners who operate a means of transport used for the transportation of goods.

Important! Cargo transport operates as usual.

Valid: until April 13, 2020



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13 REMOTE TEACHING – ONLINE LESSONS

Recommendations: All schools and universities in Poland are closed. Lessons and classes are not held on the premises, but via the Internet using e-learning platforms. Remote lessons are carried out according to the specified rules. At www.gov.pl/zdalnelekcje, teachers and students can find teaching materials consistent with the current core curriculum.

Important! Parents of children under the age of 8 can apply for additional care allowance in the case of closure of the nursery, kindergarten, school or children's club.

Valid: until April 10, 2020

14 RESTRICTION OF THE ACTIVITIES OF NURSERIES, CHILDREN'S CLUBS AND KINDERGARTENS

Recommendations: The activities of nurseries, children's clubs and kindergartens are suspended. The question of the payment of fees by parents during their suspension should be regulated in the nursery statute or in agreement with the parents.

Important! Parents of children under the age of 8 can apply for additional care allowance in the case of closure of the nursery, kindergarten, school or children's club.

Valid: until April 10, 2020

15 RESTRICTION FOR RESTAURANTS, CAFÉS AND BARS

Recommendations: All restaurants, cafés and bars can only provide takeout and delivery services. It is not possible to serve meals or drinks on the premises.

Valid: until further notice

16 SUSPENSION OF THE ACTIVITIES OF CULTURAL INSTITUTIONS

Recommendations: All cultural institutions remain closed. These include, among others, museums, art galleries, concert halls, opera houses, cinemas, movie clubs, libraries, archives and constant cultural activities. Classes in art schools are also suspended until April 10, 2020.

Important! The following remain closed until further notice: gyms, swimming pools, fitness and dance clubs.

Valid: until further notice



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17 ACCESS TO FORESTS AND NATIONAL PARKS

From April 3 to April 11 inclusive, State Forests impose a temporary ban on access to the forest, and National Parks remain closed.

18 QUARANTINE

Restriction applies to: those who:

- return from abroad,
- had contact with persons infected (or potentially infected) with the novel coronavirus,
- cross the border in order to work in the territory of a neighbouring country or in Poland (from March 27, 2020),
- live with a person who will be in quarantine from April 1 (the provision enters into force on April 1 and concerns newly quarantined persons)

Quarantine lasts 14 days. During this time:

- it is strictly forbidden to leave the house,
- walking the dog, going shopping or to the doctor are prohibited,
- if a quarantined person has close contact with other people in the house, they must also be quarantined,
- in the case of symptoms (malaise, fever, cough, shortness of breath), it needs to be reported to the sanitary-epidemiological station by phone.

If a person is not able to be quarantined at home, provincial governors provide places designated for that purpose.

Important! Police patrols visit quarantined people to check whether they stay in their place of residence. The provisions provide for the possibility of imposing a financial penalty in the amount of up to 30.000 PLN for those who do not adhere to the rules of quarantine. The decision as to the specific amount of the penalty is always determined individually.

Important! If you come back from abroad and are not able to be quarantined at home, provincial governors provide places for this purpose.

All questions and doubts regarding quarantine imposed after crossing the border can be directed to the following address: kwarantanna@poznan.uw.gov.pl or by phone, from Monday to Friday between 8-16 at tel. 61 854 15 42 or 61 854 19 17.

Valid: until further notice



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19

CLOSING OF HOTELS AND OTHER PLACES OF TEMPORARY ACCOMMODATION

Hotels and other places of temporary accommodation (operating on the principle of short-term rental housing) are closed.

They may remain open only and exclusively for:

- people in quarantine or isolation,
- medical staff
- people on a business trip and people who use the services of accommodation facilities as part of their duties (this applies, in particular, to construction workers),
- people who were living there before March 31.

Important! If, before the entry into force of the new rules, you are staying overnight at the hotel, you can end your stay in it in accordance with the plan.

20

REMOTE WORK OF GOVERNMENT OFFICES

State institutions will perform their duties remotely.

An exception may be the procedures in which remote work does not guarantee that employees will perform their key duties efficiently.



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