

### **The second wave of corona/covid19 is a fact!**

Since a few weeks the virus has been reappearing in Belgium, and this in all its intensity. On Monday 27 July, the National Security Council decided to tighten up the measures. Several local authorities are also introducing rules concerning social contacts and the wearing of mouth masks. And even stricter measures have been taken in the province of Antwerp.

The International Committee therefore advises its associations to be extremely cautious when organising activities. We strongly advise against activities that take place indoors, although they are not forbidden everywhere.

If you want to organize activities in the open air, please inform yourself thoroughly about the applicable rules of the Federal, Flemish, but certainly also the local authorities. Follow them carefully, the fines can be high and you will have to bear them yourself! If in doubt, ask your contact person at the IC.

### **These are the most important rules agreed upon on Monday 27 July:**

From Wednesday 29 July, your social bubble may only consist of the same 5 people. This for the next four weeks and for a whole family, no longer per individual. Children under the age of twelve are not included in this count. These 5 persons are people on top of your family. Unaccompanied meetings such as family or friends meetings are limited to a maximum of 10 people (children under 12 are not included). This limit also applies to receptions and banquets.

Events attracting a large audience are limited to a maximum of 100 people indoors and 200 people outdoors, where it is mandatory to wear a mouth mask.

Teleworking is strongly recommended where possible in order to avoid too much contact between colleagues.

Grocery shopping should be done alone (or accompanied by a minor living under the same roof or a person in need of assistance), maximum 30 minutes.

Keep an eye on the news about corona:

<https://www.info-coronavirus.be/nl/>

### **In the province of Antwerp, additional measures have been taken in addition to those of the National Security Council:**

What measures apply to the entire territory of the province of Antwerp?

In the province there is a curfew in the sense that public social life stops between 11.30 pm and 6 am. Everyone must be at home between 11.30pm and 6am, except for necessary travel (to work, hospital, etc.). Cafés and restaurants close at 11 pm.

Mouth masks. In the province of Antwerp, everyone over 12 years of age is obliged to wear a mask that covers both your mouth and nose in the public domain and in places where the

physical distance of 1.5 metres cannot be guaranteed. This obligation does not apply while eating and drinking and in the private sphere (at home).

In all cafés and catering establishments, the physical distance of one and a half metres between the parties must always be guaranteed, unless the parties are separated from each other by a physical barrier. Individual registration is mandatory. In order to make contact tracing possible, these details must be kept for 4 weeks.

In restaurants and cafes the company at a table is limited to a strict maximum number of people or to a group consisting of members of the same family.

For markets, the same rules apply for shops: no 'fun shopping': you go to the market by yourself or only in the company of minor children or your companion when you are in need of assistance, and no longer than 30 minutes. Stalls set up as catering establishments are not allowed at markets.

Teleworking becomes compulsory, except when this is absolutely impossible.

Individual contact sports are forbidden. Team sports are forbidden for athletes over the age of 18.

In the most affected zone (city of Antwerp, Zwijndrecht, Stabroek, Kapellen, Brasschaat, Schoten, Wijnegem, Wommelgem, Ranst, Boechout, Borsbeek, Mortsel, Hove, Lint, Kontich, Edegem, Aartselaar, Boom, Niel, Schelle and Hemiksem, Rumst) additional measures will be taken.

All events and festivities are strictly forbidden, party rooms are closed.

All fitness centres will close.

News about corona in the province of Antwerp can be found on:

[https://www.cathyberx.be/nieuws.masterdetail.html/p\\_detail\\_url/nl/cathyberx/nieuws/bijkomende-maatregelen-antwerpse-crisiscel.html](https://www.cathyberx.be/nieuws.masterdetail.html/p_detail_url/nl/cathyberx/nieuws/bijkomende-maatregelen-antwerpse-crisiscel.html)

It is always good to keep the 5 golden rules in mind. Attention!

1. The hygiene rules remain essential. This means: wash hands and do not shake hands or kiss when greeting.
2. Activities preferably take place outdoors. If that is not possible, the room must be sufficiently ventilated.
3. You must take extra precautions if you meet people at risk.
4. The distance rules continue to apply, except for people from your own household and the 5 people in your extended bubble and children under 12.
5. You may have closer contact with a fixed group of 5 people.