

Plan for the coming 100 days

Stages (**depending on how the situation develops**):

- **responsibility stage** (November 28 to December 27),
- **the stabilization stage**, i.e. the return to the division of Poland into three new zones - red, yellow and green (from December 28 at the earliest - depending on the epidemic situation),
- **the stage of national quarantine** (which will be introduced as a last resort, when it will be necessary to immediately and drastically reduce the transmission of the virus in the society). Remember that further relaxation of restrictions or their tightening depends on our responsible behavior, which translates into the number of cases.

RESPONSIBILITY PHASE (November 28 to December 27)

shops and services in shopping malls will be open (they will operate in a stricter sanitary regime) - limit of people - maximum 1 person for 15m². It is obligatory to cover the nose and mouth. When entering the store, disinfect your hands or use protective gloves during all shopping.

Winter holidays will be held throughout the country at the same time.

Children and adolescents will stay at home due to the prohibition of organizing trips for winter holidays, but students will not go to winter camps.

- a distance of 1.5 m from other people,
- restrictions on the movement of children and young people under 16 years of age. From Monday to Friday (on school days), from 8:00 am to 4:00 pm, they can move only with a parent or legal guardian,
- Cultural events and cinemas - Suspended activities ,
- Collective communication - Restrictions on the number of people in public transport:
 - 50% of the number of seats, or
 - 30% of the total number of seats and standing positions, while at least 50% of the seats are vacant in the vehicle.
- Religious worship
 - Limiting the number of people in churches - max. 1 person on 15m²
 - obligation to keep a distance of min. 1.5 m from other people and covering nose and mouth. Meetings and meetings
- The meetings
 - may be attended by max. 5 people.
 - Events organized at home - with the participation of max. 5 people. This limit does not apply to people who live together.
- Weddings, communions and consoles - ban on organization

- Trade fairs and events - online only
- Theme parks - activity suspended
- Education - distance learning for students of all grades of primary and secondary school.
- Shops and shopping malls
 - Limited number of clients - max. 1 person / 15m²
 - Hours for seniors - from Monday to Friday, 10:00 - 12:00
- Hotels - activities suspended, except for business guests, athletes and medics
- Gastronomy - only "to take" and "to deliver"
- Hairdressing and beauty salons - functioning in a sanitary regime - min. 1.5 m distance between stations
- Gyms, fitness clubs and water parks - suspended activities
- Competition and sporting events - without audience participation

Be responsible - Use DDMA + A principle

- Distance
- Disinfection
- Mask
- Application - STOP COVID - ProteGO Safe
- Airing

Effective fight against the coronavirus is possible thanks to compliance with the basic rules of conduct. Maintaining social distance, min. 1.5 m, frequent hand washing and disinfection as well as covering the mouth and nose are the basic activities that reduce the risk of coronavirus infection. It is also worth ventilating the rooms in which we are staying, especially in workplaces and apartments. The STOP COVID application also supports the fight against the threat. It is completely safe, free and voluntary. The more people use it, the faster and more effectively we will reduce the pace and extent of the spread of the coronavirus.

<https://www.gov.pl/web/coronavirus/temporary-limitations>