

Call of the authorities

- **Stay indoors!**

Groups of more than five people are not allowed.
Direct personal contact is to be avoided.

- **Follow the instructions of the Federal Office of Public Health!**

Information in 17 languages: www.bag-coronavirus.ch

- **Accept the support: If you are older than 65 years or belong to a risk group, take advantage of the support of volunteers!**

Volunteers help with shopping, run errands and can also be in contact with affected persons by telephone.
The authorities coordinate this assistance and make sure that federal regulations are observed.

To get the support, call the hotline of your municipality:

<u>Quarten</u>	<u>081 720 33 33</u>	<u>Sargans</u>	<u>081 725 56 41</u>
<u>Walenstadt</u>	<u>081 720 25 37</u>	<u>Vilters-Wangs</u>	<u>081 725 37 24</u>
<u>Flums</u>	<u>081 734 05 20</u>	<u>Bad Ragaz</u>	<u>081 303 49 49</u>
<u>Mels</u>	<u>081 725 30 27</u>	<u>Pfäfers</u>	<u>081 300 42 38</u>
<u>Buchs, Gams, Grabs, Sennwald, Sevelen, Wartau</u>		<u>081 772 02 71</u>	