

Omicron?



... is much more contagious than Delta and can make anyone seriously sick. There will be a lot of contagion in a very short time from Christmas. It's going to be much worse than what's behind us. Hospitals will not be able to take care of all the people. Because people from all professions will become sick, there may be noticeable supply problems for everyday errands.

You can prepare yourself to protect yourself as much as possible and support others during this time.

start your own wave!

get food, drinks & non-food!

basic stock for 1 person
create, store & combine stock

shopping list for 2 persons

material list: hygiene,
medicines, energy ...

with Omicron under the mistletoe?

minimise risk - use the
zerocovid.space method

celebrate X-Mas more safely

stay stable - tips on
mental health & fitness

oops, infected! What next?

what to do - important **phone numbers** -

document checklist

info & contact points for Long Covid victims