

Entering the house is only possible after a **confirmed registration** via **info@garchen.de** or a telephone consultation with the office.

After staying in a **risk area** within the **last 3 weeks** and without a **negative test result**, the building may not be entered.

If you have the **slightest symptoms of a cold**, please **leave the building** immediately.

Please sign in the attendance list **each time** you enter the building. Unfortunately, those who do not want to register have to leave the house.

Please wear **FFP-2 mouth and nose protection** indoors.

Please wash and disinfect your **hands** and keep a **distance of 1.5 m**.

Do not bring any **food** or **drinks**.

A maximum of **10 people** are allowed to take part in the gompa.

Please **leave the building immediately** after the event.

Sneeze and **cough** (allergic, frog in the throat) in the crook of your arm.

Due to fire safety precautions, the use of anything that has to do with "open fire" is not permitted.

The DGI is a public building, so all of us who want to stay in the house have to comply with the legal rules.

Thank you for your **mindfulness and solidarity**.

Your DGI-Team