

Preliminary remark

- AHA+L (distancing, hygiene, mask + ventilation) rules remain valid. Exceptions are mentioned in the graduated plan (e.g. checkerboard occupancy in cinemas).
- In the event of an escalating trend, a change to the next level shall take place after three days of exceeding the level value
- In the event of a de-escalating trend, a change from one level to the next lower level shall take place after a stable trend over five working days.
- The levels apply to the regional incidence values. The RKI data are authoritative.
- Testing regimes:
 - Where testing is mentioned, this may be PCR, rapid or self-testing.
 - These tests must not be older than 24 hours.
 - Proof of testing is considered to be (outside of school) furnished if the test was carried out on site under supervision, as part of company testing under supervision, or by an approved test centre (citizens' test), and a corresponding certificate was issued.
 - This certificate can be used as often as desired within the 24 hours.
 - The requirements for the certificate are specified in the ordinance (in particular, surname, first name, date of birth, address of the person tested, name and manufacturer of the test, test date and time, name and company of the supervising person, as well as test type and test result). A sample is provided as an aid on the state portal.
 - Children and adolescents up to 14 years of age do not need to submit a test certificate outside of regulations regarding school operation
- The COVID-19 Protective Measures Exemption Ordinance applicable from 09-MAY-2021 is not shown separately in the graduated plan. The exceptions described there regarding the equalisation of vaccinated and recovered persons with those tested, from restrictions at gatherings as well as from local curfews ordered by districts apply.
- Contact tracing is the rule, digital solutions are desirable. In the next ordinance, the mandatory introduction of digital contact tracing is planned.
- Regions are requested to tighten controls in the event of a locally different situation. Regions above 100 are required to do so (separate hot-spot regulation).
- If the incidence is >100, § 28b IfSG applies. The previous levels >100 and >200 are therefore omitted from this graduated plan by the state of Lower Saxony.
- If and insofar as an outlook for the next intermediate stage is shown in the graduated plan, this is planned for the end of May in the event of a de-escalating incidence of infection.

Scope	Level 1 Increased incidence of infection >10	Level 2 High incidence of infection >35	Level 3 Very high incidence of infection >50
Indoor and outdoor gatherings in private and public spaces	<ul style="list-style-type: none"> • One household plus two other persons from another household or 10 persons from a maximum of three households, children under 14 years allowed, ditto accompanying persons. Persons with significant special needs or in need of care, couples not living together count as one household • In public spaces: medical face mask 	<ul style="list-style-type: none"> • One household plus two other persons from another household or 10 persons from a maximum of three households, children under 14 years allowed, ditto accompanying persons. Persons with significant special needs or in need of care, couples not living together count as one household • In public spaces: medical face mask 	<ul style="list-style-type: none"> • One household plus two other persons from another household, children under 14 years allowed, ditto accompanying persons. Persons with significant special needs or in need of care, couples not living together count as one household • In public spaces: medical face mask
Education – day-care centre	<ul style="list-style-type: none"> • No cloth face masks • Scenario A as a rule • Scenario B (fixed groups) if affected 	<ul style="list-style-type: none"> • No cloth face masks • Scenario A as a rule • Twice-weekly voluntary testing of day-care centre staff and children over three years of age 	<ul style="list-style-type: none"> • Cloth face masks in after-school care • Scenario B (fixed groups) as a rule up to >165 • Twice-weekly voluntary testing of day-care centre staff and children over three years of age

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Education – School (general and vocational schools) *Special schools for intellectually challenged students (GE), special schools for students with special needs in the physical and motor area (KME), associated special needs hearing/vision and day education centres as well as pre-vocational schools (BES) remain in Scenario B as a rule (even at >165)	<ul style="list-style-type: none"> • Cloth face masks in designated areas; cloth face masks in class from secondary education level I onwards if school is affected; • Scenario A (face-to-face teaching) 	<ul style="list-style-type: none"> • Cloth face masks in designated areas; cloth face masks in class from secondary education level I onwards; • Scenario A (face-to-face teaching) as a rule; • Twice-weekly testing of teachers and other staff, pupils • from scenario B onwards emergency care 	<ul style="list-style-type: none"> • Cloth face masks in designated areas; cloth face masks in class from secondary education level I onwards; • Scenario B as a rule up to <165, exceptionally* >165 • Twice-weekly testing of teachers and other staff, pupils • from scenario B onwards emergency care • No school trips or excursions
Institutions of basic, continuing and further vocational training (including their accommodation facilities, canteens and cafeterias)	<ul style="list-style-type: none"> • In-person operation with hygiene concept permitted • Cloth face mask in designated areas; cloth face mask recommended in class • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance 	<ul style="list-style-type: none"> • In-person operation with hygiene and testing concept permitted • Cloth face mask in designated areas; cloth face mask in class (medical face mask) • Twice-weekly testing of staff and course participants • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance 	<ul style="list-style-type: none"> • In-person operation with hygiene and testing concept permitted • Cloth face mask in designated areas; cloth face mask in class (medical face mask) • Twice-weekly testing of teachers and other staff as well as course participants (alternatively proof of negative test from employer) • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance
Education – extracurricular education, adult education, driving and flying schools (practical and theoretical instruction)	<ul style="list-style-type: none"> • In-person operation with hygiene concept permitted • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance 	<ul style="list-style-type: none"> • In-person operation with hygiene and testing concept permitted • Cloth face mask in designated areas; cloth face mask in class (medical face mask) • Twice-weekly testing of teachers and other staff as well as course participants; driving and flying schools only with negative test results • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance 	<ul style="list-style-type: none"> • In-person operation with hygiene and test concept permitted up to <165 • Cloth face mask in designated areas; cloth face mask in class (medical face mask) • Testing of teachers and other staff as well as course participants, max. twice a week • Restrictions on singing, wind instruments • Accommodation facilities, canteens and cafeterias open according to specifications pursuant to SARS-CoV2 occupational health and safety regulation, standard and ordinance
Child and youth care	Open with hygiene concept	<ul style="list-style-type: none"> • Open with hygiene concept, • For fixed groups, twice-weekly testing of children and adolescents, twice-weekly testing of staff 	<ul style="list-style-type: none"> • Open with hygiene concept, • Care services for groups of children in family holiday centres, family and adult education centres, multi-generation houses and similar facilities: max. 50 children • For fixed groups, twice-weekly testing of children and adolescents, twice-weekly testing of staff
Self-help groups	approved with hygiene concept	<ul style="list-style-type: none"> • approved with hygiene concept • Cloth face mask obligation as long as no seat has been taken 	<ul style="list-style-type: none"> • approved with hygiene concept • Groups with a maximum of 10 people • Cloth face mask obligation as long as no seat has been taken • Admittance only with a negative test result

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Integration assistance services, services from workshops for people with special needs	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers permitted 	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers permitted 	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers permitted
Old people's and nursing homes	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers expressly desired for promoting the participation of residents in the social and cultural life in the facilities 	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers expressly desired for promoting the participation of residents in the social and cultural life in the facilities 	<ul style="list-style-type: none"> Open with hygiene and test concept Group offers expressly desired for promoting the participation of residents in the social and cultural life in the facilities
Theatres, concert halls, cinemas and other stationary indoor and outdoor events not designed for interaction/communication	<ul style="list-style-type: none"> Cloth face mask obligation as long as no seat has been taken Checkerboard occupancy possible with a reduced distance of one metre if enclosed spaces are ventilated by a ventilation system with a fresh air supply. 	<ul style="list-style-type: none"> Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken medical face mask Checkerboard occupancy possible with a reduced distance of one metre if enclosed spaces are ventilated by a ventilation system with a fresh air supply. 	<p>Outdoors only:</p> <ul style="list-style-type: none"> Open with hygiene concept Seated events only (with social distancing) Max. 250 persons Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> Opening indoors and outdoors Max. 250 persons or max. 50% capacity Only seated events Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask
Other organised <u>stationary indoor</u> events* (incl. spectators at sporting events) *This does not include gatherings required for operational, law-enforcement-related or official purposes.	<ul style="list-style-type: none"> Max. 500 persons stationary permit-free with hygiene concept Checkerboard occupancy possible with a reduced distance of one metre if enclosed spaces are spaces ventilated by a ventilation system with a fresh air supply more than 500 permit-free with hygiene concept only for meetings prescribed by law otherwise subject to permission (but with a maximum limit of 30 per cent of the spectator seats), Cloth face mask obligation as long as no seat has been taken 	<ul style="list-style-type: none"> Max. 100 persons stationary permit-free with hygiene concept more than 100 persons permit-free with hygiene concept only for gatherings required by law Admittance only with a negative test result with cloth face mask obligation as long as <i>no seat has been taken</i>, medical face mask <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> Max. 250 persons stationary permit-free with hygiene concept more than 250 persons permit-free with hygiene concept only for gatherings required by law Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask 	<ul style="list-style-type: none"> Only meetings and gatherings prescribed by law are permitted to take place as face-to-face meetings. Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask
Other organised <u>non-stationary indoor</u> events (incl. spectator sporting events) * * This does not include gatherings required for operational, law-enforcement-related or official purposes.	<ul style="list-style-type: none"> max. 100 persons with hygiene concept otherwise subject to permission Cloth face mask obligation, as long as no seat has been taken 	<ul style="list-style-type: none"> Only meetings and gatherings prescribed by law are permitted to take place as face-to-face meetings. Cloth face mask obligation as long as no seat has been taken, medical face mask Admittance only with a negative test result <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> Max. 50 persons stationary permit-free with hygiene concept more than 50 persons permit-free with hygiene concept only for meetings prescribed by law Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask 	<ul style="list-style-type: none"> Only meetings and gatherings prescribed by law are permitted to take place as face-to-face meetings. Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask

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Other organised <u>stationary and non-stationary outdoor</u> events* (incl. spectators at sporting events, traditional events such as Easter bonfires) *This does not include gatherings required for operational, law-enforcement-related or official purposes.	<ul style="list-style-type: none"> Max. 500 persons permit-free with hygiene concept more than 500 permit-free only for gatherings prescribed by law otherwise subject to permission, Cloth face mask obligation as long as no seat has been taken Admittance from 250 persons only with a negative test result 	<ul style="list-style-type: none"> stationary: max. 250 persons, non-stationary: max. 100 persons more only for gatherings prescribed by law Cloth face mask obligation as long as no seat has been taken, medical face mask Admittance only with a negative test result 	<ul style="list-style-type: none"> Only meetings and gatherings prescribed by law are permitted to take place as face-to-face meetings. Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> Max. 50 persons stationary permit-free with hygiene concept more than 50 persons permit-free with hygiene concept only for meetings prescribed by law Admittance only with a negative test result Cloth face mask obligation as long as no seat has been taken, medical face mask
Museums, open-air museums, galleries, exhibitions, memorials (indoors, outdoors)	Open with hygiene concept	<ul style="list-style-type: none"> open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 75%) Admittance only with a negative test result indoors: Cloth face mask obligation, medical face mask 	<ul style="list-style-type: none"> open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 50%) Admittance only with a negative test result indoors: Cloth face mask obligation, medical face mask
Zoos, botanical gardens (indoors, outdoors)			<ul style="list-style-type: none"> open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 50%) when indoor facilities are opened: Admittance only with a negative test result indoors: Cloth face mask obligation, medical face mask
Other cultural, touristic and other facilities (indoors)	Open with hygiene concept	<ul style="list-style-type: none"> open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 50%) Admittance only with a negative test result indoors: Cloth face mask obligation, medical face mask 	Closed
Cultural, touristic and other facilities (outdoors) *incl. mobile/temporary amusement parks	Open with hygiene concept	<ul style="list-style-type: none"> Open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 75%) Admittance only with a negative test result 	<ul style="list-style-type: none"> open with hygiene concept (esp. reduction in number of visitors / size of facility, max. 50%) Admittance only with a negative test result
Religious events	Church services with hygiene concept	<ul style="list-style-type: none"> Church services with hygiene concept Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask medical face mask no congregational singing 	<ul style="list-style-type: none"> Church services with increased requirements in terms of hygiene concept (esp. notification obligation for services >10) Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask no congregational singing
Weddings, baptisms	<ul style="list-style-type: none"> No restriction on number of persons at the ceremony (as long as social distancing is maintained), at the subsequent celebration see regulations on hall operation 	<ul style="list-style-type: none"> No restriction on number of persons at the ceremony (as long as social distancing is maintained), Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask no congregational singing at the subsequent celebration see regulations on private gatherings 	<ul style="list-style-type: none"> No restriction on number of persons at the ceremony (as long as social distancing is maintained), Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask no congregational singing at the subsequent celebration see regulations on private gatherings

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Funerals	<ul style="list-style-type: none"> No restriction on number of persons at funeral service / walk to grave (as long as social distancing is maintained), at the subsequent celebration see regulations on hall operation 	<ul style="list-style-type: none"> No restriction on number of persons at funeral service / walk to grave (as long as social distancing is maintained) Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask no congregational singing at the subsequent celebration see regulations on private gatherings 	<ul style="list-style-type: none"> No restriction on number of persons at funeral service / walk to grave (as long as social distancing is maintained) Indoors: Cloth face mask obligation as long as no seat has been taken, medical face mask no congregational singing at the subsequent celebration see regulations on private gatherings
Indoor sports / recreational sports (also gyms, climbing halls)	<ul style="list-style-type: none"> Sports facilities with hygiene concept open. Contact sports permitted. Number of spectators limited (for conditions see organised events) 	<ul style="list-style-type: none"> Sports facilities open with increased hygiene concept requirements (showers/ changing rooms closed) Number: Adults see contact restriction or 30 children/youths under 18 years of age in fixed groups, whereby the vaccinated / recovered persons are not counted Number of spectators limited (for conditions see organised events) Adults as well as trainers/coaches only with a negative test result 	<ul style="list-style-type: none"> Sports facilities open with increased hygiene concept requirements (showers/ changing rooms closed) Number: see contact restriction, whereby the vaccinated / recovered persons are not counted Number of spectators limited (for conditions see organised events) Adults as well as trainers/coaches only with a negative test result
Sports – outdoor recreational sports (also mini-golf, climbing parks)	<ul style="list-style-type: none"> Sports facilities with hygiene concept open. Limited number of spectators (for conditions see organised events) 	<ul style="list-style-type: none"> Sports facilities open with increased hygiene concept requirements (showers/ changing rooms closed) Contact sports limited to max. 30 persons outdoors; the vaccinated / recovered persons not counted Other non-contact (group) activities depending on m²/person (10 m²/person or 2 m distance) Adults and trainers/coaches in contact sports and group activities only with a negative test result Number of spectators limited (for conditions see organised events) 	<ul style="list-style-type: none"> Sports facilities open with increased hygiene concept requirements (showers/ changing rooms closed) Contact sports limited to max. 30 children/ youths up to 18 years of age, whereby the vaccinated / recovered persons are not included Other non-contact (group) activities depending on m²/person (10 m²/person or 2 m distance) For adults and trainers/coaches in contact sports and group offers only with a negative test result Number of spectators limited (for conditions see organised events)
Swimming pools	Open with hygiene concept	<ul style="list-style-type: none"> Outdoor swimming pools with hygiene and test concept open Indoor swimming pools closed for private use Individual use of indoor swimming pools for rehabilitation purposes or training purposes in elite sports Group offers (e.g. swimming lessons, rehabilitation) in indoor swimming pools for up to 20 people, whereby the vaccinated / recovered persons are not counted Adults and trainers/coaches only with a negative test result 	<ul style="list-style-type: none"> Closed for private use Individual use of indoor swimming pools for rehabilitation purposes or training purposes in elite sports Group offers (e.g. swimming lessons, rehabilitation) for up to 20 people, whereby vaccinated / recovered persons are not counted Adults and trainers/coaches only with a negative test result <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> <i>Outdoor swimming pools with hygiene and test concept open</i>
Retail trade *Food banks are treated in the same way as basic supplies	Open with hygiene concept	<ul style="list-style-type: none"> Open with hygiene concept Admittance limitation: 800 m² sales area min. 10 m²/person, >800 m² sales area 20 m²/person and outside necessary basic services 20 or 40 m²/person. Cloth face mask obligation, medical face mask 	<ul style="list-style-type: none"> Open with hygiene concept With the exception of necessary basic services and <200 m² sales area, admittance only with a negative test result (control requirement) Admittance limitation necessary basic services: 800 m² sales area min. 10 m²/person, >800 m² sales area 20 m²/person and outside necessary basic services 20 or 40 m²/person. Cloth face mask obligation, medical face mask

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Fairs, folk festivals, carnivals, special markets Fairs, commercial exhibitions	Open with hygiene concept	<ul style="list-style-type: none"> Weekly markets (for assortment, see retail trade), special markets, fairs, commercial exhibitions with hygiene concept open Cloth face mask obligation, medical face mask 	<ul style="list-style-type: none"> Weekly markets with hygiene concepts open (for assortment see retail trade) Other markets prohibited Cloth face mask obligation, medical face mask
Body-related services	Open with hygiene concept	<ul style="list-style-type: none"> Open with hygiene concept Cloth face mask obligation, medical face mask provided no consistent wearing of a cloth face mask possible, only with a negative test result 	<ul style="list-style-type: none"> Open with hygiene concept Cloth face mask obligation, medical face mask provided no consistent wearing of a cloth face mask possible, only with a negative test result
Solariums, saunas	Open with hygiene concept	Solariums open, saunas closed	<ul style="list-style-type: none"> Solariums open, saunas closed Admittance only with a negative test result Cloth face mask obligation while no irradiation takes place
Catering establishments without bars, discos, clubs (indoors) *Food banks will be treated the same way	<ul style="list-style-type: none"> Open with hygiene concept "Hall operation": see Other organised non-stationary indoor events 	<ul style="list-style-type: none"> <i>open with hygiene concept (esp. distancing), provided that guests are exclusively at tables</i> Max. 50% capacity Closing time 11.00 p.m. Admittance only with a negative test result Cloth face mask obligation, as long as no seat has been taken No hall operation 	<p>Closed</p> <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> <i>open with hygiene concept (esp. distancing), provided that guests are exclusively at tables</i> <i>Max. 50% capacity</i> <i>Closing time 11.00 p.m.</i> <i>Admittance only with a negative test result</i> <i>Cloth face mask obligation, as long as no seat has been taken</i> <i>No hall operation</i>
Catering establishments without bars, discos, clubs (outdoors) *Food banks will be treated the same way	<ul style="list-style-type: none"> Open with hygiene concept "Hall operation": see Other organised non-stationary indoor events 	<ul style="list-style-type: none"> open with hygiene concept (esp. distancing), provided that guests are exclusively at tables "Hall operation": see Other organised non-stationary indoor events 	<ul style="list-style-type: none"> open with hygiene concept (esp. distancing), provided that guests are exclusively at tables Closing time 11.00 p.m. Admittance only with a negative test result Cloth face mask obligation in inside rooms, medical face mask
Canteens / cafeterias	Open with hygiene concept	<ul style="list-style-type: none"> Open indoors and outdoors with hygiene and test concept 	<ul style="list-style-type: none"> Open indoors and outdoors with hygiene and test concept
Bars, discos, clubs	<ul style="list-style-type: none"> Open with hygiene concept Person limit min. 10 m²/ person 	Closed	Closed
Accommodation	<ul style="list-style-type: none"> Open with hygiene concept Hotel gastronomy according to gastronomy with food service regulations 	<ul style="list-style-type: none"> Open with hygiene concept Max. 60% capacity for hotels, youth hostels, mobile home parks, camping sites, boat moorings, etc. as well as curbing also for rental of holiday flats and homes by means of an at least one day re-occupancy ban Negative test on arrival and at least twice a week during the stay. Hotel gastronomy open to cater for the legally accommodated guests or according to regulations for gastronomy with food service. 	<ul style="list-style-type: none"> Open with hygiene concept Max. 60% capacity for hotels, youth hostels, mobile home parks, camping sites, boat moorings, etc. as well as curbing also for rental of holiday flats and homes by means of an at least one day re-occupancy ban Accommodation only for "state natives" Negative test on arrival and at least twice a week during the stay. Hotel gastronomy open to cater for the legally accommodated guests or according to regulations for gastronomy with food service. <p><i>Outlook for next intermediate stage:</i></p> <ul style="list-style-type: none"> <i>Opening also for "non-state-natives"</i>

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Tourist bus, boat and carriage rides, cable cars	Cloth face mask obligation, as long as no seat has been taken	Cloth face mask obligation, as long as no seat has been taken	Outdoors: <ul style="list-style-type: none"> • permitted with hygiene concept • Cloth face mask obligation as long as no seat has been taken, medical face mask • Admittance only with a negative test result • Capacity restriction to 50% of outdoor seating Also: <ul style="list-style-type: none"> • Outdoor lifts (e.g. chairlifts) open
Casinos, gambling halls, betting shops	Open with hygiene concept	<ul style="list-style-type: none"> • Open with increased requirements in terms of hygiene concept • Cloth face mask obligation, medical face mask • Admittance only with a negative test result (in case of longer stay) 	Closed <i>Outlook for next intermediate stage</i> <ul style="list-style-type: none"> • Open with increased requirements in terms of hygiene concept • Cloth face mask obligation, medical face mask • Admittance only with a negative test result (in case of longer stay)
Prostitution	Approved with hygiene concept	Prohibition	Prohibition