

**New coronavirus restrictions are introduced in Poland from 1st April 2020  
until further notice**

- **Limitations on the number of customers allowed in stores, at markets and the post office:**
  - stores and service points – only 3 people per a checkout or a counter
  - all types of open-air markets – max. 3 customers per 1 sale stand
  - post office – max. 2 people per 1 counter
- From 2nd April (Thursday) all customers must do the shopping in **disposable gloves**.
- From **10:00 to 12:00** stores and service points can only serve people aged **over 65 years**. Throughout the rest of the day, shops and service points are available to everyone (including the people aged over 65 years).
- **All hairdressers, cosmetic studios, tattoo and piercing studios will be closed without exception.** Home visits and any type of outside studio services are also forbidden.
- Rehabilitation and massage must be suspended - both in public and private facilities. The only exception is situations in which rehabilitation is required by the patient's state of health.
- It is not allowed to gather on beaches and green areas with public functions. The ban applies to parks, promenades, boulevards, botanical and zoological gardens, Jordanian gardens, and all other types of green areas with public functions.
- **The use of city bikes is prohibited.**
- A minimum **distance of 2 meters** must be maintained between people in public. It also applies to families and relatives.

**There is a penalty from 5000 to even 30,000 PLN for breaking any of the above bans.**