

### **March 30: Moscow and the Moscow Region introduced a regime of self-isolation.**

On 29 March, the mayor of Moscow and the Governor of the Moscow region announced a number of measures that severely restrict movement in Moscow and the Moscow region.

According to the mayor's order, starting from March 30, 2020, Moscow will introduce a self-isolation regime for all residents of Moscow, regardless of age.

1. It is allowed to leave the apartment only in the following cases:

- \* seeking emergency medical care and other direct threats to life and health,
- \* commuting to work if the person is required to go to work,
- make purchases at the nearest working store or pharmacy,
- walking Pets at a distance not exceeding 100 meters from the place of residence,
- \* the need to take out the garbage.

In the coming days, people will be able to leave only if they have a special pass issued in accordance with the procedure established by the government of Moscow.

Within the next week, a smart system will be deployed to monitor compliance with the home regime and the established rules for the movement of citizens.

AT THE SAME TIME THE RIGHTS OF CITIZENS TO COME TO THE CITY OR LEAVE MOSCOW ARE NOT RESTRICTED

2. While on the streets, in transport and in other public places, it is mandatory to observe a social distance of at least 1.5 meters. The only exception is taxi rides. Stores, pharmacies, and any other organizations must ensure that social distance is observed: in particular, they must put special markings and establish a regime of access and presence in buildings and on the surrounding territory.

3. Muscovites with a mild form of COVID-2019 are treated under the supervision of doctors at home and will be able to receive free antiviral drugs if they are prescribed by a doctor.

4. The validity period of paid and discounted travel tickets will be extended after the end of the high-readiness mode.

5. The unemployed will start receiving regional compensation from April 1.

Similar measures were taken by the Governor of the Moscow region for residents of the Moscow region.

Link to Major's decree [https://www.mos.ru/upload/documents/docs/34-YM.pdf?utm\\_source=eSputnik-promo&utm\\_medium=email&utm\\_campaign=200330\\_Koronavirus\\_Rezhim\\_samoizoljacji\\_RUS\\_&utm\\_content=566915713&utm\\_term=comite](https://www.mos.ru/upload/documents/docs/34-YM.pdf?utm_source=eSputnik-promo&utm_medium=email&utm_campaign=200330_Koronavirus_Rezhim_samoizoljacji_RUS_&utm_content=566915713&utm_term=comite)