

**Video podcast**  
**by the Federal Chancellor**  
**of the Federal Republic of Germany,**  
**Dr Angela Merkel**

**In my last video podcast I told you what I believe is important, given the spiralling numbers of new cases. I told you what I am convinced we all can and must do to get these numbers under control again. Thank you for all your interest, for the many messages of support and also for the critical voices.**

**Today, one week later, the pandemic has escalated further. There are now far more places with so many infections that the local public health offices' contact tracing services can no longer keep up.**

**My fundamental conviction has not changed. I just see that today it's even more urgent.**

**We are not powerless against the virus. The way we act determines how far and how**

**fast it spreads. And for all of us, the order of the day is to reduce our contacts. To meet up with far fewer people.**

**If we all stick to this, together we will overcome the massive challenge this virus poses.**

**I know that politicians are expected to find new words all the time. But I still believe every word of what I said to you last week. I would be delighted if you would listen to it again or play it to friends who haven't heard it yet. So here, once again, is last Saturday's podcast.**

**Fellow citizens,**

**This week, if not before, it has become clear that we are in a very serious phase of the COVID pandemic. The number of new cases is spiralling upwards, day by day. The pandemic is spreading again rapidly, even faster than at the start**

**more than six months ago.**

**The comparatively relaxed summer is over, and difficult months now lie ahead.**

**How winter will be, how our Christmas will be, will be decided in the coming days and weeks. We will make that decision by the way we all act.**

**I would like to tell you what I believe that means.**

**We must now do all we can to prevent the virus spreading uncontrollably. Every day counts. Anybody who has been in contact with an infected person must be notified, to break the chain of transmission. The local public health offices are doing a magnificent job, but when too many people be-**

**come infected, they simply cannot keep up any more.**

**So what can each of us do to help push the numbers down again?**

**We can do a lot, mostly just by ensuring that we all keep our distance at all times, cover our mouths and noses, and observe hygiene rules. But now we need to go further.**

**Science tells us clearly that the spread of the virus depends directly on the number of contacts, the number of encounters that each of us has.**

**If we all significantly reduce our contacts outside our own family for a while, we can manage to stop and reverse the trend of rising numbers of infections.**

**That is exactly what I am asking you to do today.**

**Meet up with far fewer people, whether at home or outside. Please – do not travel**

**unless it is absolutely essential. Please don't celebrate unless it is absolutely essential. Please stay at home, in your own town, wherever possible.**

**I know that sounds hard. I know it involves huge sacrifices for some. But it is only for a while, and, at the end of the day, we are doing it for ourselves, so that we stay healthy. We are doing it for everyone who doesn't get sick because of us. We are doing it so our health system is not overwhelmed, so our children's schools and nurseries remain open. We are doing it for our economy and our jobs.**

**What helped us cope comparatively well with the first six months of the pandemic?**

**The fact that we pulled together and respected the rules. We were considerate and sensible.**

**That is the most effective weapon we have at the moment to fight the pandemic. Now we need it more than ever.**

**Thank you.**