INFORMATION LEAFLET FOR INFECTED PERSONS

You have been diagnosed with a SARS-CoV-2 infection

- You must stay at home and may not receive any visitors (home quarantine).
- Wherever possible, isolate in a separate part of the house from the other members of the household and do not share communal space at the same time.
- A 10-day isolation period is required (from the date of the positive test). The isolation may be ended after 10 days without a test.
- It is possible to reduce the isolation period to 7 days if there were no symptoms in the last 48 hours and the result of a test conducted on day 7 is negative.
- This test on day 7 can be done using a rapid antigen test checked for reliability by the Paul-Ehrlich-Institute (PEI-gelisteter Ag-Test) (e.g. at a test centre, doctor’s surgery) or PCR test. For certain groups of people (e.g. employees in hospitals, care facilities and institutions providing social integration assistance) a PCR test is required by law to reduce the isolation period.
- You are responsible for informing all your close private and professional contacts without delay. Put together a list of persons you were in close contact with in case of queries.
- A close contact shall be deemed:
  - Having been exposed to a contact person from two days before and up to 10 days after a positive test /after the onset of symptoms.
  - Physical proximity <1.5 m and >10 min without adequate protection (adequate protection = case and contact person are wearing mouth-nose protection or FFP2 mask correctly and for the entire duration of the contact).
  - Face-to-face conversation (without adequate protection, see above) regardless of duration, contact with secretions from the respiratory tract.
  - Staying in the same room for >10 minutes where the concentration of aerosols is likely to be high (regardless of whether masks were worn or not).
- Draw the attention of your contacts to the fact that the local health authority will only get in touch in exceptional cases. These isolation measures must be adhered to in order to break the chains of infection!

If your symptoms become worse, call your GP (family doctor) or the non-emergency medical on-call service (Kassenärztlicher Bereitschaftsdienst): 116 117.

Should you require treatment, inform the medical staff about your positive test.