



COVID-19

Isolation of Category I contact persons and suspected COVID-19 patients

Supplementary information to the announcement of the Bavarian State Ministry of Health and Care of 7th May 2020, file no. G54e-G8390-2020/1277-1

The new coronavirus SARS-CoV-2 has spread all over the world at great speed. In many cases the infection, known as „COVID-19“, is accompanied by mild symptoms similar to those of a common cold with a cough, fever and occasionally rhinitis.

Certain groups of the population are endangered, however, if they are infected: persons with severe pre-existing health conditions are more at risk of becoming seriously ill, as are senior citizens. They need our protection in particular.

Isolation requirement

For all persons who are suspected COVID-19 patients or who have been in close contact with a COVID-19 patient in the past 14 days, the following therefore applies: **By state order you are required to go into quarantine – and remain in quarantine until it is certain that you will not infect anyone with the coronavirus.**

This way, you will be helping to contain the spread of infection and to protect all those persons whose lives could be endangered by COVID-19. At the same time you will be helping your own health, because whether you are suffering from COVID-19 or from a cold with congested airways and a high temperature, physical rest for a few days will do you good.

The isolation requirement and all the associated rules of conduct are laid down in the General Order of the Bavarian State Ministry of Health and Care dated 7th May 2020 on the Implementation of the Infection Protection Act (IfSG), which you have received together with this information.

You can find more information about COVID-19 at www.stmgp.bayern.de/coronavirus/

Important facts on conduct and hygiene

▶ *Where does quarantine take place?*

Quarantine must take place at home or in another separate part of a building; most people choose to self-isolate at home. You must not leave these rooms during your quarantine. However, you may – occasionally and on your own – go onto the balcony, the terrace or into your own garden, if your garden is directly adjoining the house and is not used communally.

▶ *Support from outside*

As you may not leave your home during quarantine, you should ask family members, friends or acquaintances for help, for example with shopping and other important errands. There are also many volunteer services available throughout the country. Many of them are listed online together with their contact details, but local councils or your local health office can also assist by telephone.

▶ *Occurrence of COVID-19 symptoms*

If you are a Contact Person I who was recently in close contact with a COVID-19 patient, and if, during your quarantine, you develop symptoms typical of the disease such as a cough, a high temperature, loss of the sense of smell or taste, or a cold, you must inform the health office immediately by telephone.

If you are a person suspected of having COVID-19 and are already in quarantine due to symptoms of COVID-19, you must inform the health office immediately if your condition deteriorates.

▶ *Should you require other medical help whilst you are in quarantine,*

please call the on-call service of the Bavarian Association of Statutory Health Insurance Physicians (Kassenärztliche Vereinigung Bayerns) on **116 117** or the emergency doctor, if it is urgent. Point out that you are currently in quarantine because you are a suspected COVID-19 patient or because you have been in close contact with a COVID-19 patient.

Important: The health office must also be notified.

▶ *What rules must be observed during quarantine?*

If you go into quarantine, it is important to stay as far away from the other members of your household as possible to avoid exposing them to the risk of infection with COVID-19. That means, above all:

- Reduce contact with the people you live with and keep a distance of at least two metres. The encounters with each other should be as brief as possible. For those who are in quarantine, a mouth and nose cover („everyday mask“ or „community mask“) is recommended.
- Contact with persons outside your household – for example postmen, delivery staff, neighbours, friends or acquaintances – should also be avoided. Ask for deliveries to be deposited in front of the house or apartment entrance.
- If the bathroom, toilet or kitchen are shared, the contact surfaces must be cleaned thoroughly after you have used them. Normal household cleaning products are adequate for cleaning them. Each resident must have their own towels, which must be changed and washed regularly. The rooms should be used in turn, and meals should not be taken together.
- Collect your laundry in a closed, separate plastic bag and wash the laundry, if possible, at a minimum of 60° Celsius with a household detergent.
- Sleep in a separate room and stay in a separate room during the day. It is important to air all rooms thoroughly that you have spent time in.
- Your waste, especially handkerchiefs and other materials which have come into contact with secretions and body fluids and can therefore be infectious, must be disposed of separately from other household waste in a strong bin liner. This must be closed tight and disposed of in a bin for non-recyclable waste – by other household members, of course, as you may not leave the house.

The most important rules of hygiene

▶ *Coughing and sneezing*

- Keep as great a distance as possible from other persons, at least two metres.
- If you have to cough or sneeze, turn away from other persons.
- In order to protect other persons, cough and sneeze into the crook of your arm or a disposable handkerchief and dispose of it straight away in a closable waste bin with a bin liner. The bin liner must later be tied up and disposed of together in a bin for non-recyclable waste.

▶ *Hand hygiene*

- Do not shake hands or hold hands with other persons.
- Regularly and thoroughly wash your hands with soap and water for at least 20 to 30 seconds, especially
 - after blowing your nose, sneezing or coughing,
 - before preparing food,
 - before eating,
 - after going to the toilet,
 - whenever your hands are visibly dirty,
 - before and after any contact with other persons and, above all, after any contact with a person who may carry the disease, or with that person's direct surroundings.

You can use alcohol-based hand disinfectants that are gentle to the skin if there is no visible dirt. Make sure that the disinfectant is designated as „killing some types of virus“

▶ *When does quarantine end?*

For **Category I contact persons**, domestic isolation ends when it is at least 14 days since the close contact with a confirmed COVID-19 patient and if no typical symptoms of COVID-19 occurred during isolation. The decision is up to the health office.

For **suspected COVID-19 patients**, domestic isolation ends upon presentation of a negative test result and no later than the end of the fifth day after the day of testing. If the test result is positive, i.e. if COVID-19 is confirmed, the patient must remain in isolation and the responsible health office will issue the necessary instructions.

