



COVID-19

Isolation of persons who have tested positive for coronavirus SARS-CoV-2

Supplementary information to the announcement of the Bavarian State Ministry of Health and Care of 18 August 2020, ref. GZ6a-G8000-2020/572

The new coronavirus SARS-CoV-2 has spread all over the world at great speed. In many cases the disease, 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 persons, particularly persons with severe pre-existing health conditions, are also at an increased risk of falling seriously ill, as are senior citizens. They need our protection in particular.

Isolation requirement

The following applies to all persons who have been notified that their test result of the swab for SARS-CoV-2 is positive: **you are obliged by state order to go into quarantine at once and to inform your local health office about your positive test result. The health office will inform you about the next steps and make all the necessary arrangements.**

Self-isolation is necessary to avoid infecting other people. Thus you will be helping to contain the spread of infection and to protect all those persons whose lives could be endangered by COVID-19.

Employees of the contact tracing team of the health office will keep in regular contact with you during your isolation, inquire about your state of health and whether you are complying with the measures taken and also ask whether you need more help or support.

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 18 August 2020 on the Implementation of the Infection Protection Act (IfSG), which you have received together with this information.

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 relatives, friends or acquaintances who do not live in your household 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.

▶ *If your state of health deteriorates or if you need other medical help during your quarantine,* please call your general practitioner, the emergency service of the Bavarian Association of Statutory Health Insurance Physicians (Kassenärztliche Vereinigung Bayerns) on **116 117** or the emergency doctor, if it is urgent. When you call, do not forget to point out that you are in quarantine because your coronavirus test was positive. Please also inform your local health office.

▶ *Relatives who live in the same household as you during your quarantine should be in good health and not have any pre-existing illnesses.*

Elderly people and individuals with risk factors such as chronic illnesses or a weakened immune system should stay away during this time.

▶ *All persons living in the same household as you will be classified as Category I contact persons and must therefore also go into quarantine.*

The health office will contact them and inform them of the rules of conduct during this time and of the duration of self-isolation. If they experience symptoms or signs of illness which could indicate infection with SARS-CoV-2 (i.e. a cough, fever, loss of the sense of smell or taste, or a cold), the health office must be notified immediately.

▶ *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 your housemates and keep a distance of at least 1.5 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° centigrade with a household detergent.
- Sleep in a separate room and stay in a separate room during the day. It is important to thoroughly air all rooms where you have spent time.
- 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 tied up and disposed of together with non-recyclable waste.

The most important rules of hygiene

▶ *Coughing and sneezing*

- Keep as great a distance as possible to 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 be tied up and then disposed of together with 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 **persons who tested positive for coronavirus**, self-isolation will end – if they experience no symptoms of the illness – at the earliest ten days after the first evidence of the virus, i.e. the date of the swab test. In cases with slight symptoms of illness, isolation will end at the earliest after ten days and freedom from symptoms for at least 48 hours. The local health office will decide when exactly it can end.

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

