



## COVID-19

### Home quarantine for contact persons

#### Supplementary information to the announcement of the Bavarian State Ministry of Health and Care of 14 April 2021, ref. G51s-G8000-2021/505-38

The 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, headache, aching limbs or rhinitis; loss of one's sense of smell or taste is also not infrequent. Some people, however, never develop symptoms („asymptomatic course“). On the other hand, the number of patients with severe symptoms remains high. Certain groups of persons, particularly persons with severe pre-existing health conditions who have not been vaccinated, are more vulnerable to this risk. These people in particular need our protection. It is essential to prevent infections and break chains of infection. Quarantine and isolation are key factors in this regard.

#### Quarantine requirement

The following applies to all persons living in the same household as a person with COVID-19:  
By state order you are required to go into quarantine and remain in quarantine until it is certain that you have not caught the coronavirus.

The quarantine requirement and the associated rules of conduct are laid down in the General Order of the Bavarian State Ministry of Health and Care on the Implementation of the Infection Protection Act (IfSG), the relevant part of which you have received together with this information.

For you, as members of the household, your quarantine will end at the earliest 14 days after the onset of symptoms of the COVID-19 patient or, if the infection was asymptomatic, 14 days after the patient tested positive. Each member of the household must obtain a negative test result for their own quarantine to end. For another seven days after the end of the quarantine, you should also observe yourself closely for any signs of illness and inform the health authority immediately if any appear.

#### Important facts on conduct and hygiene

- ▶ *Where does quarantine take place?* As a rule, home quarantine takes place in the same dwelling as that of the family member infected with COVID-19. You must not leave the dwelling during your quarantine. However, you may occasionally 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:* Ask relatives who do not live in your household, friends or acquaintances for help, for example with shopping and 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 authority will also help you search for these services by telephone.
- ▶ *Keeping in touch with the health authority:* Employees of the health authority's contact tracing team will maintain regular contact with you during your quarantine, inquire about your state of health and whether you are complying with the measures and also ask whether you need help or support.
- ▶ *Monitoring your health:* Every contact person in the household should take their temperature once a day and keep a diary recording possible signs of illness. At the beginning and at the end of quarantine and if possible twice during quarantine, a test for COVID-19 should be carried out; the health authority will provide you with information in this regard. If a test result is positive or if you notice signs of illness, please contact the health authority immediately.
- ▶ *Should you need 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. In your phone call, be sure to point out that you are in quarantine. Please also inform the health authority.

## What rules must be observed during quarantine?

During quarantine, it is important to stay as far away as possible from the family member infected with COVID-19, so as not to become infected yourself.

That means, most importantly:

- ▶ **As few encounters as possible:**  
Reduce contact with the infected person and keep a distance of at least 1.5 metres. The encounters should be as brief as possible and everybody should wear a face mask.
- ▶ 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 entrance.
- ▶ The infected family member should sleep in a separate room and stay there alone during the day as well. Shared rooms such as the kitchen and bathroom should be entered at different times, meals should not be taken together. Important: Air all rooms well!
- ▶ **For children, quarantine is a particularly big challenge; the rules need to be adapted according to their age.**  
The health authority offers advice to families as to how best to organise quarantine so that children and parents can deal well with this time together.
- ▶ **Thorough cleaning:** If the bathroom, toilet or kitchen are shared, the contact surfaces must be cleaned thoroughly after the infected family member has used them. Normal household cleaning products are adequate for this purpose. Each member of the household must have their own towels, which must be changed and washed regularly. Do not share household items such as crockery and clothing with each other.

## For more information about COVID-19:

**Coronavirus helpline of the state government**

**089 / 122 220**

**www.bayern.de:** „Coronavirus – auf einen Blick“

**www.stmgp.bayern.de/coronavirus,** the information page of the State Ministry of Health and Care



You can find the General Ruling Isolation together with translations and barrier-free explanations on our website  
<https://www.stmgp.bayern.de/coronavirus/rechtsgrundlagen/#Allgemeinverfuegungen>

## What do the family and other housemates need to know?

- ▶ **Relatives and other persons who are in home quarantine with a COVID-19 case 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.
- ▶ **To avoid further infections together:** It is essential for everyone in the household to observe the hygiene rules!
- ▶ **Inform close contacts outside the household about your quarantine.** Although they do not have to go into quarantine themselves, they should still look out for signs of the disease and limit their contacts as much as possible for the next two weeks.

## Important hygiene rules

- ▶ **Cough and sneeze with caution**  
Keep as much distance as possible, turn away from other people and cough or sneeze into the crook of your arm or a disposable handkerchief which you then immediately dispose of in a sealable rubbish bag.
- ▶ **Hand hygiene**  
Do not shake hands or hold hands with others. 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,
  - above all, after any contact with a person carrying the disease, or with that person's direct surroundings.

You can use alcohol-based hand disinfectants that are gentle on the skin if there is no visible dirt. Make sure that the disinfectant is designated as having “limited virucidal activity”, “limited virucidal activity PLUS” or “virucidal activity”.

**All the best for your health!**