



COVID-19

Quarantine for persons suspected of being infected

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 suspected of being infected with the coronavirus SARS-CoV-2 based on signs of illness or a positive self-test: By state order you are required to go into quarantine and remain in quarantine until it is certain that you are not infected. A PCR test will provide certainty in this regard.

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 persons suspected of being infected, home quarantine ends upon receipt of the negative result of the PCR test, but no later than after the fifth day following this test. If the test result is positive, it means that you are infected with coronavirus. You must continue to self-isolate at home. The health authority will make all necessary arrangements and provide you with instructions regarding the next steps.

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 this place 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:*

Ask relatives, 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.

► *Physical rest:*

If you have symptoms and feel unwell, a few days of physical rest will do you good - no matter whether you are suffering from COVID-19 or from a cold with congested airways and a high temperature. Take advantage of the quarantine period until the PCR test result is available for this purpose.

► *Should your health deteriorate or should 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. In your phone call, be sure to point out that you are in quarantine because you are suspected of being infected with COVID-19. 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 other members of the household, even if you do not feel ill.

That means, most importantly:

- ▶ **As few encounters as possible:**
Reduce contact with your housemates 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.
- ▶ Sleep in a separate room and also stay in a separate room on your own during the day. 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 you have used them. Normal household cleaning products are adequate for this purpose. Each resident must have their own towels, which must be changed and washed regularly. Do not share household items such as crockery and clothing with other persons.

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 your family and other housemates need to know?

- ▶ **Relatives and other persons who live in your household 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.
- ▶ **Awareness of one's own health:**
Anyone sharing a household with a person suspected of being infected with COVID-19 should also observe themselves for signs of the disease and inform the health authority if they develop symptoms. And don't forget: It is essential for everyone to observe the hygiene rules!

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!