



COVID-19

Quarantine for close contact persons

Supplementary information to the announcement of the Bavarian State Ministry of Health and Care of 31 August 2021, ref. G5ASzG80002020/122925, last amended by announcement of 29 October 2021, ref. G51z-G8000-2021/505-454

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

For all persons who have recently had close contact with a COVID-19 patient, the following applies: 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.

Quarantine ends when the last close contact with a confirmed COVID-19 case is ten days ago and if you experienced none of the symptoms typical of COVID-19 during quarantine. Quarantine may also be ended prematurely by means of a negative test performed by trained staff on day 7 (nucleic acid test, e.g. PCR test, or antigen test). It will then end upon transmission of the negative test result to the responsible health authority. For 14 days after the close contact with the COVID-19 case, you should also watch yourself carefully 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?* 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.
- ▶ *Keeping in touch with the health authority:* Employees of the health authority's contact tracing team may 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:* Please take your temperature every day and keep a diary recording possible signs of illness. At the beginning of quarantine, a test for COVID-19 may be considered; the health authority will inform you as to how to proceed. 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 other members of the household, even if you do not feel ill.

That means, above all:

- ▶ **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“
("Coronavirus- at a glance")

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/#AV-Isolation>

What do the 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.
- ▶ **Watch for symptoms, minimise contact:**
Anyone who lives in the same household as a contact person or has had close contact in some other way does not need to go into quarantine themselves, but should limit their own contact as much as possible. If you show signs of COVID-19, please contact the health authority immediately. 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!