



COVID-19

Isolation in the event of a positive nucleic acid test

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.

Isolation requirement

The following applies to all persons who have been notified of a positive result of a nucleic acid test (e.g. PCR test) for coronavirus: You are obliged by state order to go into isolation at once and to inform your local health authority about your positive test result. The health authority will provide you with instructions regarding the next steps and make all the necessary arrangements.

The isolation 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.

If the disease is asymptomatic, isolation ends at the earliest 14 days after the initial detection of the virus, i.e. 14 days after the test. If the infection causes mild symptoms, isolation will end at the earliest after 14 days and freedom from symptoms for at least 48 hours. The local health authority will decide when exactly it can end; the prerequisite is a negative final test.

Important facts on conduct and hygiene

▶ *Where does isolation take place?*

Isolation 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 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 may maintain regular contact with you during your isolation, inquire about your state of health and whether you are complying with the measures and also ask whether you need help or support.

▶ *Should your health deteriorate or should you need other medical help during your isolation,*

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 isolation because your coronavirus test was positive. Please also inform the health authority.

What rules must be observed during isolation?

During isolation, it is important to stay as far away as possible from other members of the household so as not to infect them with coronavirus. 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!
- ▶ **How isolation can suitably be arranged for children in accordance with their age** so that parents and children can cope well during this time is advice which the health authority will be happy to give to families on an individual basis.
- ▶ **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.
- ▶ Collect your laundry in a closed, separate plastic bag and wash the laundry at a minimum of 60° Celsius if possible with a household detergent.
- ▶ Your rubbish, especially handkerchiefs and other materials that may be infectious, must be collected in a sealable container in the sickroom. Tie up the rubbish bag and dispose of it in the residual waste rubbish bin.

**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 your family and other close contacts need to know?

- ▶ **Relatives and other persons who live in your household during your isolation 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 close contact persons and must therefore also go into quarantine.** The health authority will provide you with instructions regarding the next steps. If contact persons develop symptoms of the disease, the health authority must be notified.

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!