



COVID-19

How to proceed in the event of a positive self-test

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, muscle and limb pains and occasionally rhinitis. Another typical symptom is the loss of one's sense of smell or taste. 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. The responsible use of self-tests makes an important contribution towards this.

Recommended procedure

The following applies to all persons who receive a positive result of a self-test for coronavirus: You should self-isolate immediately and avoid contact with other people as much as possible, because there is a great probability that you are highly contagious. If you did not carry out the test at home, go straight home. Also, pay attention to the distancing and hygiene rules..

Make an appointment without delay for a nucleic acid test, e.g. a PCR test, to verify the result of your self-test, either with your general practitioner, the emergency service of the Association of Statutory Health Insurance Physicians (Kassenärztliche Vereinigung) on the telephone number **116 117**, or the health authority. There you will also receive all the information about how to proceed.

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

All the best for your health!

Important facts on conduct and hygiene

▶ *On your way to the PCR test:*

A nucleic acid test, e.g. a PCR test, is the most reliable method for diagnosing a coronavirus infection. That is why it is carried out to verify the result of the self-test. Make sure that you get to the test point with as little contact as possible. It is recommended that you wear an FFP2 mask whilst you are away from home.

- ▶ *Should your health deteriorate or should you need other medical help*, 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 your self-test was positive.

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 to 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".