



## COVID-19

### Contact with an infected person – what should you do?

All over the world, the COVID-19 pandemic is causing anxiety. Infection with the coronavirus SARS-CoV-2, known as COVID-19, is in many cases accompanied by mild symptoms similar to those of a common cold with a cough, fever, headache, aching limbs or rhinitis, and loss of the sense of smell or taste is not uncommon. Some people, however, never develop symptoms (“asymptomatic course”). But the infection can also lead to severe symptoms. Persons with severe pre-existing health conditions who have not been vaccinated are, in particular, more vulnerable to this risk. To prevent infections and break chains of infection, your responsible behaviour is of decisive importance.

#### When am I at risk of infection with the coronavirus SARS-CoV-2?

There is a risk of infection when you have had contact with an infected person, in particular

- up to 2 days before the infected person even developed any symptoms,
- any time when the infected person was showing signs of the illness,
- and up to 2 days before the positive test was carried out on the infected person, if that person shows no sign of illness.

“Close contact” is, for example, when the distance between each other was less than 1.5 metres for more than 10 minutes and neither the infected person nor their contact persons wore a medical face mask or an FFP2 mask continuously and correctly. A conversation between an infected person and a contact person is also always considered to be “close contact”, regardless how long it lasts, unless both have worn a mask as above.

#### For more information about COVID-19:

**Coronavirus helpline of the State Office for Health and Food Safety (LGL)**

**+49 (0)9131 / 6808 5101**

**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  
**https://s.bayern.de/kontaktperson**

#### Will I be contacted by the health authority?

The general quarantine obligation for close contact persons has been abolished. In individual cases, however, the responsible local authority may still issue quarantine orders.

Anyone who has recently been at risk of infection through contact with an infected person should now: act responsibly and on your own initiative.

#### Act on your own initiative!

##### Recommendations on how to proceed

Anyone who has had contact with an infected person during a period when a risk of infection existed should observe the following for 5 days:

- ▶ *Limit contact with other persons*, especially those in risk groups who are at risk of developing severe COVID-19. Work from home if possible.
- ▶ *DHM+A formula*: Keep your distance, follow the rules of hygiene, wear a mask when you are out and about (FFP2 masks offer the highest protection!) + air rooms.
- ▶ *Voluntary daily test*: following contact with an infected person, for 5 days.
- ▶ *Self-observation*: watch for symptoms typical of COVID-19.
- ▶ *If signs of illness appear*: Immediately self-isolate, consult a doctor.

#### Recommendations for those who work with vulnerable persons

In addition to the general rules of conduct, for anyone who works in a hospital, a home for the elderly, a nursing home or an outpatient care service and thus has a great deal of contact with persons who are at particularly high risk of a severe case of COVID-19, it is recommended that they be tested every working day – by means of an antigen test or nucleic acid test before they start work and up to and including day five after contact with the infected person. This is to prevent contact persons from spreading a potential infection amongst risk groups.

#### All the best for your health!