



## 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 12 April 2022, ref. G51v-G8000-2022/44-242, amended by announcement of 29 June 2022, ref. GCRASa-G8000-2022/44-317

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, isolation is of decisive importance.

#### 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 domestic isolation at once. There is no need to wait for a notification from the health authority.

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.

#### How long will isolation last?

Isolation may be ended without a final test after 5 days, provided that there have been no more signs of illness for at least 48 hours (freedom from symptoms).

If, on day 5, freedom from symptoms has not existed for 48 hours, isolation must be continued. It will not end until freedom from symptoms has existed for at least 48 hours, but at the latest at the end of ten days after the virus was first detected by means of a certified antigen or PCR 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 isolation. 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.

##### ► *Contact the health authority? Only if it is necessary!*

The health authority will be informed of your positive test by the laboratory and know that you are obliged to self-isolate. Unlike at the beginning of the pandemic, however, you do not have to contact them. The health authority will confirm your obligation to self-isolate with a brief message that you will receive within the next few days. If your COVID-19 illness is not accompanied by any problems, you may end isolation according to the rules in the opposite column. There is no need for you to personally get in touch with the health authority. Random checks may be carried out by the local authority to ensure that the isolation requirement is being complied with.

► *If your state of health deteriorates or if 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.

► *Further information:* <https://s.bayern.de/positiver-test>

## 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 be suitably arranged for children depending on their age,* so that parents and children are able to 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 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



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>

## Please inform your contact persons!

- ▶ *Anyone who has recently been at risk of infection through contact with an infected person should now: please show personal responsibility!* You should reduce your own contacts, carefully observe hygiene rules, watch out for symptoms of illness and get tested.
- ▶ Contact persons who live or work in an institution such as a hospital, nursing home or care home which looks after people at high risk of a severe course of COVID-19 should, in addition, get tested every day as a precaution up to and including day 5 after the contact, by means of an antigen test or a nucleic acid test. [More details can be found at https://s.bayern.de/kontaktperson](https://s.bayern.de/kontaktperson)
- ▶ Elderly people and individuals with risk factors such as chronic illnesses or a weakened immune system should not be in your home during your isolation.

## 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”.

**All the best for your health!**