



## COVID-19

### How to proceed if a pupil's self-test is positive

All over the world, the COVID-19 pandemic is causing anxiety. There are many cases where infection with the coronavirus SARS-CoV-2 known as COVID-19 produces 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").

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.

#### What happens next?

The following applies to pupils who receive a positive result of a self-test for coronavirus: They may not take part in any more lessons but must self-isolate immediately and reduce contact with other people as far as possible, because there is a great probability that they are highly contagious. The way home should be as free of contact with other persons as possible; as a rule, parents or guardians will pick up their child from school.

The school will inform the health authority about the positive test result. The health authority will then guide the next steps and order the performance of a PCR test to confirm the result of the self-test.

If the result of the PCR test is negative, the pupil may return to school immediately. If the test result is positive, isolation must be continued and the health authority will inform the family on how to proceed – including how to best organise this time with children.

#### 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

**All the best for your health!**

Information valid as of:  
29 June 2022

#### 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. It is important to encounter as few people as possible on the way to the test. An FFP2 mask should be worn everywhere else but at home.

##### ▶ *Should the pupil's health deteriorate or should other medical help be needed,*

please call your general practitioner or paediatrician, 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 the self-test was positive.

#### Important hygiene rules

##### ▶ *Cough and sneeze with caution*

Please 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*

To prevent infections, washing your hands regularly and thoroughly with soap and water for at least 20 to 30 seconds also helps, 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. The disinfectant should be designated as having "limited virucidal activity", "limited virucidal activity PLUS" or "virucidal activity".