



COVID-19

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

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.

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 **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 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

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".

All the best for your health!