



## COVID-19

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

Infections with the coronavirus SARS-CoV-2 are still quite common. But unlike in the early years of the pandemic, our understanding of how to protect ourselves is now much better, and vaccination and antiviral medications are effective ways of preventing severe, life-threatening disease. This has reduced the risk of infection for many people. However, those who are at high risk of serious illness due to their age or pre-existing conditions still need special protection. The new general ruling on protective measures for persons testing positive for the coronavirus SARS-CoV-2 (AV Corona-Schutzmaßnahmen) takes this into account: it replaces the previous mandatory isolation period, allows those who test positive more freedoms and, at the same time, uses compulsory protective measures to prevent the transmission of infections to vulnerable individuals insofar as possible.

#### Recommended procedure

The following applies to every person who obtains a positive result from a coronavirus SARS-CoV-2 self-test: You should self-isolate voluntarily if possible and avoid contact with other people as much as possible, because you are suspected of being contagious. Respect the social distancing and hygiene regulations and wear a mask in closed rooms and in places where a minimum distance of 1.5 metres from other people cannot be ensured. To confirm the self-test result, please take a nucleic acid test, e.g. a PCR test. Until the results from the confirmation test are known, it is recommended that you **self-isolate on a voluntary basis**. What you do next will then depend on the result of the confirmation test.

#### Important facts on conduct and hygiene

##### ▶ *On the 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, at a minimum, you wear a medical face mask ("surgical mask") whilst outside of your home. FFP2 masks offer an even higher level of safety.

##### ▶ *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 an ambulance if it is urgent. In your phone call, be sure to point out that your self-test was positive.

#### Always important: Hygiene rules

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

- Keep as great a distance as possible to other people, at least two metres.
- If you have to cough or sneeze, turn away from other people.
- In order to protect other people, cough and sneeze into the crook of your arm or a disposable handkerchief and dispose of the handkerchief immediately in a closable rubbish bin fitted with a bin liner. The bin liner must be tied up and then disposed of together with non-recyclable waste.

##### ▶ *Hand hygiene*

- Do not shake hands or hold hands with other people.
- 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 people and, above all, after any contact with a person who may carry the disease, or with that person's direct surroundings.

You can use alcohol-based hand disinfectants that are gentle on the skin if there is no visible dirt. Make sure that the disinfectant is designated as "killing some types of virus".

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

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

**09131/6808 5101**

**www.bayern.de:** "Coronavirus – at a glance"

**www.stmgp.bayern.de/coronavirus,** the information page of the Bavarian State Ministry of Health and Care