



COVID-19

Contact with an infected person – what should you do?

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.

To prevent infections and break chains of infection, your responsible behaviour is of decisive importance.

When is there a risk of infection with the coronavirus SARS-CoV-2?

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

- up to two days before the infected person even develops any symptoms,
- over the entire period the infected person is displaying signs of the illness,
- and – if the infected person is asymptomatic – up to two days before a positive test is taken.

“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.

An acute risk of infection continues to exist until the infected person is symptom-free.

Will I be contacted by the health authority?

The general quarantine obligation for close contacts has been abolished, as has the mandatory isolation period for persons who have tested positive. These have been replaced by compulsory protective measures for persons who have tested positive: A general mandatory wearing of masks and access/work restrictions in certain facilities where people at high risk of severe disease progression are housed or where there is a high risk of spreading the infection. In individual cases, the responsible local authority can still issue quarantine or isolation orders. If there are no current quarantine or isolation orders, you will no longer be contacted by the health authority.

The following applies to anyone who has recently been at risk of infection through contact with an infected person: please show personal responsibility!

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 five days:

- ▶ *Limit contact with other people,* especially at-risk groups who are at risk of developing severe COVID-19. Work from home if possible.
- ▶ *DHM+A formula:* Keep your distance, follow hygiene rules, wear a mask when you are out and about (FFP2 masks offer the highest protection!) + air rooms.
- ▶ *Voluntary testing:* Following contact with an infected person for five days, especially if symptoms develop.
- ▶ *Self-observation:* Look out for covid-specific symptoms.
- ▶ *If signs of illness appear:* Reduce contacts to a minimum and consult your family doctor for advice.

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 by means of an antigen test or a nucleic acid test every working day before starting work, up to and including day five after contact with the infected person. This is intended to prevent contact persons from spreading a potential infection to at-risk groups.

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