



COVID-19

Protective measures and behavioural recommendations for persons who have tested positive for the coronavirus SARS-CoV-2

Supplementary information to the announcement of the Bavarian State Ministry of Health and Care of 15 November 2022, ref. GCRa-G8000-2022/44-504

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.

Mandatory protective measures and accompanying recommendations for persons who have tested positive

“If you are sick, stay at home, please”

As with other acute respiratory illnesses, the recommendations for a coronavirus SARS-CoV-2 infection are: If you are ill, stay at home so as not to infect others. If you need medical help, contact your GP.

Compulsory protective measures

Every person who is notified of a positive test result from their SARS-CoV-2 swab (nucleic acid test, e.g. PCR test, or antigen test, in each case carried out or monitored by a healthcare professional or a person with comparable training for this purpose) must comply with the mandatory wearing of masks as well as restrictions on activities and access to specific facilities in accordance with the General Ruling on Protective Measures for Persons Tested Positive for the SARS-CoV-2 Coronavirus.

How long must the protective measures be observed?

The protective measures apply for at least five days after the initial detection of the virus, provided that there have been no signs of illness for at least 48 hours (symptom-free). If, on day five, the infected person has

not been symptom-free for 48 hours, protective measures must be continued for the time being.

These protective measures will only be lifted when the infected person has been symptom-free for at least 48 hours, but at the latest at the end of ten days after the initial detection of the virus.

Anyone who initially tests positive on an antigen test should have the result confirmed by a nucleic acid test (e.g. PCR test) by their GP. If the result of this second test is negative, the protective measures end when this test result becomes available.

► Protective measure: Compulsory wearing of a mask

Persons who have tested positive are, at a minimum, required to wear a medical face mask (“surgical mask”) outside of their own home. FFP2 masks offer an even higher level of safety.

Exceptions: The mask obligation does not apply

- in the open air if a minimum distance of 1.5 metres from other people can be maintained,
- indoors when no other people are present,
- for children up to the age of six,
- for persons who are unable to wear a mask due to a disability or for health reasons (medical certificate required),
- for persons who are deaf or hard of hearing, and their companions.
- a mask may be removed if it is necessary for identification purposes or for communicating with persons with impaired hearing.
- and for other compelling needs, such as for food intake or when necessary dental, medical or therapeutic treatment is required.

► Protective measure: Work and access restrictions

The introduction of infections must be prevented in institutions such as homes for the elderly, nursing homes or specific sections of hospitals that care for patients at-risk of a severe course of SARS-CoV-2 infection. These places are therefore subject to access restrictions and work restrictions for employees, visitors, volunteers and operators who have tested positive.

Work and access restrictions also apply to employees, operators, volunteers and visitors who have tested positive in mass accommodation facilities where there is a high risk of spreading infections, such as accommodation for the homeless, communal facilities for asylum seekers and prisons.

▶ **Voluntary self-isolation to avoid spreading infections**

Anyone infected with SARS-CoV-2 should keep as far away as possible from other persons in their household so as not to put them at risk of infection. That means, above all:

- reducing contact with people living in the same house and keeping a distance of at least 1.5 metres. The encounters with each other should be as brief as possible. The person testing positive is advised to wear a medical face mask at a minimum.
- 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 cleaning them. Every person in the household should have their own towels, which should be regularly replaced and washed. Use of rooms should be staggered and meals should not be taken together.
- Collect your laundry in a closed, separate plastic bag and wash the laundry, if possible, at a minimum of 60° Celsius with a household detergent.
- If possible, sleep in a separate room and stay in a separate room during the day. It is important to thoroughly air all rooms where you have spent time.
- Your waste, especially handkerchiefs and other materials which have come into contact with secretions and body fluids and can thus be infectious, must be disposed of separately from other household waste in a strong bin liner. The bin liner must be tied up and disposed of together with non-recyclable waste.

▶ **Also reduce contacts with other people outside of the home**

Reduce your contact with other people, also outside of your household.

Do not attend any public events or restaurants during the time you may be contagious. If possible, professional activity should be pursued from home.

Always important: Hygiene rules

▶ *Cough and sneeze with caution.*

- Keep as great a distance as possible from 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".

You will find more information about COVID-19 at www.stmgp.bayern.de/coronavirus



You can find the complete general ruling, together with translations and barrier-free explanations, on our website Last updated: <https://www.stmgp.bayern.de/coronavirus/rechtsgrundlagen/#AV-Schutzmassnahmen>.