

The Corona test is positive - What to do now?

If

- your Corona rapid test (antigen point of care test) shows a positive result

or

- your Corona PCR test shows a positive result

or

- you have had close, unprotected contact with a person with a positive test result,

then

- you are required to go directly to their home immediately upon learning of the test result and to remain isolated/quarantined there at all times.

o If a PCR test has not yet been carried out on you, you may leave your home once in order to carry out a PCR test. This may only be done using a mouth-to-nose cover without using public transport and on the direct way there and back. Interruptions for other purposes are not permitted.

- In your home setting, you are required to adhere to the following behavioral measures:

- o No close physical contact with family members / other persons.

- o Keep a distance of 1.50 - 2m from all persons.

- o If it is unavoidable that you have to share the room with third parties, wear a tight-fitting mouth-nose protection. The mouth-nose protection must be changed in case of moisture penetration, at the latest after two hours.

- o The above sub-items do not apply to persons who need or provide personal care and are in the same household (immediate family). Contacts are to be reduced to what is necessary.

- o If possible, maintain a temporal and spatial separation in the household from non-positive household members. A "temporal separation" can be achieved, for example, by not eating meals together but one after the other. Spatial separation can be done, for example, by staying in different rooms.

- o Observe coughing and sneezing etiquette at all times and use disposable tissues.

- o Contact with roommates and family members should be limited to what is necessary, following the above behavioral measures.

- o Hygiene items should not be shared with other household members.

- o Dishes and linens should also not be shared with household members or third parties.

- o Surfaces that people come into frequent contact with should be cleaned regularly with household cleaner.

- o You should provide regular ventilation of living rooms, bedrooms, kitchen and bathroom.

- o Do your shopping online or have it done by a third party.

- o Keep a diary regarding your symptoms, body temperature, general activities and contacts with other people. Take body temperature twice a day.

- o If you experience symptoms such as fever or elevated temperature, cough, throat irritation, or runny nose, contact your primary care physician

o You may only work if your health permits and this can be done in your home office and without contact with others.

o You must remain in your home office until the health department lifts your isolation (for infected persons) /quarantine (for suspected infected persons/close contacts of infected persons).

Violations can be punished with a fine of up to €25,000.

Please follow the rules described and help to break chains of infection.

Contact details of the responsible public health department

Segeberg district:

Coronavirus hotline: 04551 / 951 9833 (Monday-Thursday 9am-4pm, Friday 9am-12pm).

Email: Infektionsschutz@segeberg.de

Fax: 04551 / 951 9340