

# Rules for people suffering from COVID-19 and rules for close contact persons

## Stay in quarantine!

You are suffering from COVID-19 or you had close contact to a sick person.

You have to stay in domestic quarantine.

Quarantine is determined by law.

Quarantine means you don't have direct contact to any persons. Only this way you will not infect other persons.

## What is important during a time of quarantine?

You are not allowed to leave your apartment/flat/house.

In case you live together with other persons you are supposed to stay in an own, single room only inhabited by you.

You are also not allowed to welcome visitors.

Please ask neighbours or friends to buy and supply food and groceries for you.

Or look for a delivery service.

Groceries have to be placed in front of your door.

Also you are not supposed to dispose garbage or look after your postbox outside of your room.

Please ask friends or neighbours to support you.

In case you can't get any support please contact us, your local health department.

## Inform your employer!

Send a copy of this paper to your employer.

In case you are a contact person a corona-test is not necessary.

If your employer demands a corona-test he has to pay for it.

And you have to stay in quarantine nevertheless.

You may leave quarantine after 10 days having no symptoms and doing a fast-test on day 10 of your quarantine.

The test needs to be negative.

## Who counts to be a close contact person?

A person tested positive has already been contagious for two days before first symptoms of a cold occur.

Therefore everyone who had close contact to a person tested positive up to two days before the test was made counts to be a close contact person.

A close contact exists when a person had contact to another person:

- for more than 15 minutes
- **and** the distance between you and the other person has been less than 1,50 meters (5 feet)

In case a positiv tested person had signs of illness the last two days before the test was taken count into the period of quarantine.

Close contact persons are those who had close contact two days before a sick person got testet positive.

Close contact persons need to stay in quarantine.

## **You are suffering from COVID-19?**

Then you need to stay in quarantine for 10 days.

Quarantine starts on that day you first symptoms on illness.

If you didn't have any symptoms, quarantine starts with the date you got tested.

### **Please create a contact-list!**

List all persons who you had close contact with 2 days prior your symptoms of illness until the beginning of your quarantine.

In case you didn't have symptoms please list all persons you had contact to 7 days prior your COVID-19-Test.

The list of your contact-persons have to provide the following information:

- first name
- surname or name of birth in case it applies
- date of birth
- gender
- occupation
- street
- zip-code, city
- phonenumber incl. area-code, cellular-phonenumber
- mail-adress

You can use a sample of a contact-list in the internet:

<https://www.berlin.de/ba-reinickendorf/corona/>

### **Please inform your close contact-persons!**

Call the persons you have listed in your contact list.

In case you have been in a school or company when you were suspected to have COVID-19 at that point of time call the school or company and inform them.

The head of school or company will inform persons of close contacts.

Please tell your close contacts to go into quarantine for 14 days.

The quarantine for your close contact persons starts on that day you had first symptoms of an illness.

In case you didn't have symptoms quarantine starts from that day you met your contact persons for the last time.

## **You are a close contact-person?**

Then you have to go into quarantine for 14 days.

If you don't have any symptoms of illness you can do a COVID-19-Test after 10 days.

If your test result is negative you can end quarantine.

Persons of contact without symptoms of illness do not have to be tested. If you are a person of contact and don't have any symptoms the public department of health will not test you.

If you are a person of contact and you have symptoms of illness please call us under 030 90294 55 00 to make an appointment for a test.

Without an appointment you will not be tested.

Symptoms of illness can be fever, a cough, a sore throat or a snuff.

If you are no person of contact but have symptoms of illness you will be tested by department of health.

You can also contact your local doctor and ask for a test.

## **This is how you can reach us:**

Department of health of the district of Reinickendorf

Phone 030 90294 5500

Opening hours are Monday to Friday: 8 a.m. to 4 p.m.

Saturday, Sunday and on holidays: 9 a.m. to 3 p.m.

Web <https://www.berlin.de/reinickendorf/gesundheitsamt>

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