

**You don't need to wait for an official instruction from the district health office of Lichtenberg before taking action yourself.**

I am obliged to put myself in quarantine if:

I have tested positive for SARS-CoV-2.

I am a Category I contact person according to the criteria of the Robert Koch Institute (RKI).

I show symptoms and have taken a test for the virus or have been officially instructed to take such a test.

This applies to everyone who lives, works or goes to school in Lichtenberg.



## **1. New Quarantine Measures in Lichtenberg**

On Wednesday, 4 November 2020, the district health office of Lichtenberg issued a general ordinance stipulating the new quarantine measures for the citizens of Lichtenberg. You can find the full text of the new **ordinance** here.

## **2. Key points:**

- This general ordinance is legally binding.
- You don't need to wait for the district health office to instruct you officially to go into quarantine or self-isolation at home.
- Persons who have tested positive for coronavirus must immediately put themselves in quarantine or self-isolation at home. You don't need to wait to be instructed officially by the district health office to do this. You are required on your own initiative to prepare a contact list of Category I contact persons and to submit it to the district health office. In addition, you must inform your contacts about your positive test result.
- Persons who are waiting for the result of a test (ordered by a medical practice or by the district health office) and show symptoms of the disease are obliged to isolate themselves immediately and without, in the first instance, having been officially notified to do so by the district health office. They must also inform their contact persons.
- Category I contact persons are obliged to isolate themselves, even without having been officially notified to do so by the district health office.
- The most important message is: reduce the number of your contacts for the time being!

## 3. Rules of Conduct – Frequently Asked Questions

### 3.1. What do I do while waiting for my test result?

If you show any signs or symptoms of the disease **and** a corona test has been performed at the request of the district health office or a doctor, then you are suspected of being infected. **You must put yourself in quarantine immediately.** Don't wait for official notification from the district health office before doing so. In this case, your quarantine will end if your test result comes back negative.

While waiting for the test result, please **phone or write to** all persons with whom you had face-to-face contact in the two days before experiencing your first symptoms of illness (Category I contacts)

**RKI definition of categories of risk contacts** (RKI Kontaktperson I).

These persons should pay attention to warning signs that they themselves may be developing the illness, and should greatly reduce their contact with other people. As things stand, these persons are not as yet required to go into quarantine.

If the test result is positive, your quarantine will be extended.

You'll find information here about the dos and don'ts during quarantine: **RKI FLYER Quarantine** (RKI Quarantäne I).

### 3.2. My test came back positive. What do I do now?

**A.** You are obliged either to put yourself in quarantine **immediately** or to remain in the quarantine in which you put yourself immediately following your official instruction to take a test or after you took such a test. Don't wait for an official notification or instruction from the district health office. It will contact you at a later point in time.

**Quarantine means:** Do not leave your flat except to collect your mail or to take out the rubbish. Avoid direct contact with other persons in your household. If possible, stay in a separate room – even during mealtimes. Wear a mask when you have contact with other persons in your household. Air all the rooms of your flat regularly. If you have a garden or balcony, you may use it on your own. You'll also find information here about the dos and don'ts during quarantine: **RKI FLYER Quarantine** (RKI Quarantäne I).

Your quarantine will end 14 days after the onset of your first symptoms, provided you have been free of symptoms for at least 48 hours. Otherwise, the period of quarantine will be automatically extended by 4 days until the point at which you have been free of symptoms for at least 48 hours.

**B. Create a contact list.** Write down the names, addresses, dates of birth, telephone numbers and email addresses of every person with whom you had face-to-face

contact in the two days before experiencing your first symptoms. This is necessary because your close contacts may be infected too. Who are close contacts? These are persons with whom you had face-to-face contact in closed rooms for more than 15 minutes without either wearing a mask or keeping a distance of at least 1.5 metres. These persons are defined as “Category I contact persons” [RKI definition of the categories of risk contacts](#) (RKI Kontaktperson I). Please email this list to the district health office at [corona@lichtenberg.berlin.de](mailto:corona@lichtenberg.berlin.de).

**C. Inform your Category I contact persons.** Inform your close contacts (Category I contact persons) [RKI definition of the categories of risk contacts](#) (RKI Kontaktperson I) that they must put themselves in quarantine immediately and that your notification triggers their mandatory requirement to do so. The district health office will contact these persons at a later point in time and will issue certificates for them to present to their employers or schools by post or email. **The contacted persons are not to wait for official notification from the district health office, but must act immediately following your call.**

The quarantine will end 14 days after the last face-to-face contact with you, provided the person has not experienced any symptoms of the disease within at least the last 48 hours. You’ll find information here about the dos and don’ts during quarantine: [RKI FLYER Quarantine](#) (RKI Quarantäne I).

### **3.3.** Who is a Category I contact person?

Close contacts, or Category I contact persons, are persons who had face-to-face contact with a person who subsequently tested positive for coronavirus. This contact took place in closed rooms for more than 15 minutes without either wearing masks or keeping a distance of at least 1.5 metres. These persons are “Category I contact persons” [Definition of the categories of risk contacts by the RKI](#) (RKI Kontaktperson I).

### **3.4.** What must I do as a Category I contact person?

**You are obliged to put yourself in quarantine immediately!** It may well be the case that you do not receive this information directly from the district health office or from your doctor’s practice, but from third parties (such as the infected person, your employer or the school management). Nevertheless, this information legally requires you to act immediately. You’re not allowed to leave your home and you should avoid contact with other persons living in the same household. A test for the virus is only necessary if you yourself develop symptoms such as a fever, a cough, a sore throat or the like. In this case, please call the health office of your district of residence without delay.

For Category I contact persons without symptoms, the quarantine ends 14 days after the last face-to-face contact with the person who tested positive. Even if your own test result is negative, the quarantine period will in principle **not** be shortened. You’ll

find information here about the dos and don'ts during quarantine: [RKI FLYER Quarantine](#) (RKI Quarantäne I).

If you do develop symptoms, and you are tested positive, you are considered to be infected. In this case, please act according to the rules stipulated under “My test came back positive”.

The district health office will notify you by post or email and will provide you with a certificate for you to present to your employer or school.

- 3.5.** A person has contacted me to inform me that he or she has tested positive for coronavirus. We had close contact. What do I have to do now?

Put yourself in quarantine immediately. Don't wait for the district health office to get in touch with you before starting your quarantine. The district health office will contact you by telephone at a later date. However, this may take a few days. The district health office will notify you by post or email and will provide you with a certificate for you to present to your employer or school. You'll find information here about the dos and don'ts during quarantine: [RKI FLYER Quarantine](#) (RKI Quarantäne I).

- 3.6.** Do I really have to follow all these quarantine regulations?

Yes, to protect those around you – and also to avoid having to pay fines of up to 25,000 euros if you don't.

- 3.7** Compensation/reimbursement in accordance with the German Infection Protection Act in the event of prohibition of work and quarantine

If you are entitled to compensation or reimbursement, you will find further information at:

Reimbursement in accordance with the Infection Protection Act – [employers](#)

Compensation in accordance with the Infection Protection Act – [self-employed persons](#)