

## Checklist for close contact persons (COVID-19)

I had contact with a person infected with the coronavirus- what should I do now?

### ***1. I work with the elderly or people with pre-existing conditions- what applies to me?***

- Inform your employer(s)

### ***2. I am fully vaccinated and/or recovered- what applies to me.***

You do NOT have to be quarantined and are well protected!

But in some cases, the virus can be transmitted despite vaccination, so for 10 days:

- When in contact with the elderly, people with pre-existing conditions and pregnant women, it is better to keep greater distance and wear an FFP2 mask.
- Regular self-testing is useful.
- We recommend that you reduce your private contacts over a period of 10 days.

According to the currently valid Coronavirus-Test Ordinance- TestV, you have the option of PoC or PCR testing. However, if you have no symptoms, this examination is only recommended from the 5th day after contact. Only then can a really meaningful result be expected. The test can be arranged by your general practitioner or by a swab test centre. You will need your vaccination certificate, your identity card and your health insurance card. The costs for this test will be covered by the service provider defined in the Coronavirus Test Ordinance-TestV.

### ***3. I am NOT fully vaccinated or recovered- what applies to me?***

As a close contact person who has not been vaccinated or recovered, you are subject to quarantine.

According to the RKI standard, there are three quarantine options:

1. Quarantine at home for 10 days- if you do not develop any symptoms, this quarantine expires automatically.

2. Quarantine at home for 5 days. On the 6th day a PCR test can be done. As soon as the negative PCR proof is available, the quarantine is deemed to be lifted

3. Quarantine at home for 7 days and final certified PoC antigen rapid test. Again, the quarantine is deemed to be lifted once the negative test result has been transmitted.

According to §2(1) of the Coronavirus Test Ordinance TestV, the costs for these tests are covered. However, please inform the test centre that you are currently still in quarantine and wear an FFP2 mask.

#### **4. The following also applies to vaccinated and unvaccinated contact persons:**

Please watch out for symptoms for 14 days. If you develop symptoms, inform your general practitioner by **telephone** or, if necessary the medical on-call service (116117) and ask to be referred for a PCR examination.

What is useful at home? Preferably....

- Ventilate a lot
- Wash hands regularly
- Cough and sneeze into the crook of your elbow
- Spend a lot of time in separate rooms

For guidance and more information, please visit the following link: [https://www.lk-vr.de/media/custom/3034\\_2873\\_1.PDF?1631774037](https://www.lk-vr.de/media/custom/3034_2873_1.PDF?1631774037)