

Checklist  
for infected persons (COVID-19)  
- **UNVACCINATED** -

***At what point could I have infected someone?***

To determine the relevant time period the following applies: 48 hours before the onset of symptoms or, in the case of asymptomatic courses, 48 hours before the test until the time you become isolated.

Example: You have had a headache, fever, cough or loss of smell or taste since 15.11.2021, then the period in which you could infect someone starts on 13.11.2021.

If your positive test is just a random finding and you did not have any cold-like symptoms beforehand, then the day of the test (NOT the day the result is reported) is the starting point from which you count back 48 hours.

Please note here the period (xx/yy/zz until the day of isolation):

***Who did I have contact with during this time?***

Persons	Locations
<input type="checkbox"/> Family and relatives (same and separate household)	<input type="checkbox"/> Events (e.g. parents' evenings, further training, courses, church, wedding, funeral service)
<input type="checkbox"/> Friends	<input type="checkbox"/> Travel, excursions ( also shared car trips)
<input type="checkbox"/> Neighbours	<input type="checkbox"/> Sport and leisure (e.g. gym, club, restaurant, bar, disco)
<input type="checkbox"/> Colleagues	<input type="checkbox"/> Medical practices, hospital, physiotherapy
<input type="checkbox"/> Elderly, people with pre-existing conditions, pregnant women.	<input type="checkbox"/> Nursing home

***Were there any close contact situations?***

Close contact situations	Name of close contacts
<input type="checkbox"/> For at least 10 minutes, less than 1.5m distance, WITHOUT medical masks.	
<input type="checkbox"/> Conversation at a distance of less than 1.5m WITHOUT medical mask- regardless of the duration of the conversation.	
<input type="checkbox"/> Close physical contact (kissing, hugging, sex)	
<input type="checkbox"/> Staying in the same room for more than 10 minutes with poor ventilation (driving together, singing, dancing, playing sports or similar)	

1. Please inform your close contacts about your infection. Do you use the Corona warning app, for example? Please upload the test result!

2. You, as infected person, please note:

- The instructions from the phone call with the health department
- The written order, which you will receive by post or by general decree

Further information on home isolation can be found at:  
[https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Flyer\\_Patienten.pdf?blob=publicationFile](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Flyer_Patienten.pdf?blob=publicationFile)

***Possibility of "free testing"***

In the case of unvaccinated infected persons, there is NO possibility to shorten the isolation period of 14 days.

***Important note***

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