

# Information sheet on handling COVID-19

## You have been diagnosed with a SARS-CoV-2 infection?

- You must stay at home and are not allowed to receive visitors (domestic isolation).
- If possible, keep your household separate from other household members in terms of time and space.
- The isolation ends at the earliest after 5 days, provided that you have been symptom-free for 48 hours (date of the PCR smear test or of a previous professional rapid test with test certificate, if applicable, plus 5 days).
- Urgent recommendation: From day 6, daily antigen self-testing - in case of positive test result, continued self-isolation until negative test result.
- Isolation lasts a maximum of 10 days.
- For certain groups of people (for example, employees in hospitals, care facilities and institutions for integration assistance), testing with a professional rapid antigen test or PCR is a prerequisite for resuming work.
- Inform all your close contacts in your private and professional environment so that they can check for symptoms as well as limit contact with vulnerable groups.

If your symptoms worsen, call your family doctor or the on-call health service: **116 117**.

Inform medical staff about your positive test if you need treatment.

## Are you a contact person?

- Urgent recommendation: reduce contacts independently, especially with people from risk groups for a severe course of the disease.
- Urgent recommendation: Symptom monitoring for 14 days after contact and daily (self-) testing with antigen rapid test for five days.
- If symptoms develop: arrange for PCR test.
- For certain groups of persons (e.g. employees in hospitals, care facilities and institutions for integration assistance), daily testing with a professional rapid antigen test or PCR is mandatory before starting work up to and including day 5.

### Sources:

- Robert Koch Institute (Recommendations on isolation and quarantine in case of SARS-CoV-2 infection and exposure, 02.05.2022).
- Corona State Ordinance Mecklenburg-Western Pomerania (Corona-LVO M-V)