

Information sheet for people that have been tested positive

In the event of a positive test result (PCR or rapid test)

- **A quarantine of ten days** automatically applies to Corona positive tested individuals (PCR / rapid test carried out by trained personnel). The day after the test was done marks day 1 of quarantine.
- Those who have been symptom-free for at least 48 hours can take a rapid test to shorten their quarantine on the 7th day at the earliest. The test result must be kept as evidence for one month.
- Additionally, employees in hospitals, care facilities and institutions for integration assistance require a negative PCR test or a positive PCR test with a CT value >30 to shorten their quarantine on day 7.
- The positive test result acts as proof for the obligation to isolate and can therefore be handed in at work / school.
- **There is no document issued by the health department or public order and safety office. A call from/ to the health department is also not required.**
- Infected individuals must inform those that they have had close personal contact with within 48 hours prior to the test swab. Be aware that their quarantine is not mandatory. They should, however, self-monitor and contact a doctor if symptoms appear.

Household members of those who tested positive

- A 10-day quarantine automatically applies (see above).
- Shortening the quarantine to 7 days is possible with a negative PCR test or rapid test carried out on said day.
- However, pupils and children who attend a day care program can shorten their quarantine on day 5 with a negative PCR test or rapid test.
- The proof of quarantine is the positive test result of the infected person within the household.

Exemptions from quarantine as a household member of those tested positive

(Prerequisite: no symptoms)

- Individuals with a COVID-19 booster shot (i.e. three vaccinations in total)
- Individuals that have been vaccinated after / before recovering from COVID-19 (positive PCR test + at least one vaccination)
- Individuals with two vaccinations, where the second vaccination was more than 14 but less than 90 days ago
- Recovered individuals (28 to 90 days after testing positive with a PCR test)

Proof of recovery

- Pharmacies can issue a certificate upon presentation of the positive PCR test
- Alternatively, proof of recovery can be requested by mail from the health department (nachweispcr@kreis-re.de)