

Info sheet on isolation in Saxony

Valid from 05 September 2022

What to do if you suspect SARS-CoV-2 infection, receive a positive test result or are a close contact?

1. IF AN INFECTION IS SUSPECTED

Your self-test (without supervision) was positive or you have COVID symptoms and have made a PCR test?

- You must remain at home (i.e., isolate yourself). You may only leave your home or accommodation to go to the doctor or to take a PCR test, or rapid-antigen test (at a service provider) (confirmation testing). In some cases, confirmation testing is not required following a positive self-test (e.g. doctor's certificate for COVID-19). In these instances, suspected cases must follow the same isolation rules applicable to positive test results.
- In the event of a positive self-test, you need to get tested - by a doctor if you have symptoms, otherwise at a testing centre.
- If you live together with other people, avoid them as far as possible.
- Please advise your employer if you suspect you may be infected.

If the PCR or rapid-antigen test is negative, the isolation ceases immediately. Save the negative test result. If the PCR or rapid-antigen test is positive, you must remain in isolation (see: 2. positive test result)

2. IN THE EVENT OF A POSITIVE TEST RESULT:

Have you received a positive result from a rapid antigen test or PCR test?

- If you have received a positive result from a rapid antigen test, you should still take a PCR test.
- You must stay at home (i.e. isolate) for at least five days. Use the quarantine calculator (see the website of your local district or independent municipality) to calculate when your isolation period will end.
- You are only allowed out to go to the doctor or take a test.
- If you live with other people and have had close contact with them in the last two days, you must immediately inform them that you are positive and that they must also stay home (see: 3. Close contact).
- Also inform anyone else you had contact with two days before the test or your symptoms (see: 3. Close contact).
- Avoid being close to people in your home so that you do not infect them.
- Advise your employer or, if applicable, any relevant school/child day-care facility.
- Your PCR test result or rapid-antigen test result will serve as proof of your infection and isolation. Please keep the PCR test result. You will need it for your certificate of recovery.
- If you have not had any symptoms for 48 hours, you can end your isolation from day 5 onwards. You don't need to take a test at the end.
- Please be particularly careful until day 10: wear a mask if you are near others, reduce your contact and do not meet with sick or elderly people.
- If you still feel ill or have symptoms, you will need to keep isolating (until max. day 10). If you have not had any symptoms for 48 hours, your isolation can end. Loss of taste or smell often lasts longer and does not count here.
- Anyone working in nursing, medical care or integration support will need to provide a negative test in order to resume work. This does not apply if they have been in isolation for at least 10 days.

3. IN THE EVENT OF CLOSE CONTACT WITH A PERSON WHO HAS TESTED POSITIVE (close contact):

Do you live with someone, or have you had close contact with someone, who has tested positive?

- Then you do **not** have to stay home (isolate).
- All contacts must be particularly careful for 10 days after the last contact or the household member's positive result. Look out for typical symptoms, get tested on day 3 or 4 after contact, interact with as few people as possible, and wear a mask when doing so. Please do not meet with sick or elderly people.
- Anyone who has symptoms should get tested immediately and is then considered a suspected case (see: 1. Suspected case).

Testing centres and all other COVID-19 info can be found here:

Website of your district or independent municipality city, <http://www.coronavirus.sachsen.de>.

Your support is very important now so that we can stop the pandemic together.