

## Obligation to self-isolate: information for PEOPLE WITH A POSITIVE TEST RESULT (infected with the SARS-CoV-2 coronavirus)

You tested positive for a SARS-CoV-2 coronavirus infection. This does not necessarily mean that you will feel ill, but it means that you can infect others.

**Your cooperation and responsible conduct are now required.**

You must make sure<sup>1</sup> that you do not infect other people. This means you must isolate yourself (go into isolation/quarantine) immediately after the test.

You now have the following **obligations**:

- You must stay in your home or accommodation and may spend time in an adjoining garden, terrace or balcony only alone.
- You may only leave your home or accommodation to go for the test or if the health authority has given prior consent.
- If you live with other people in a household (e.g. family or flatmates) and have had close contact with them in the last two days:
  - You must immediately inform them of your positive result and tell them that they must also isolate themselves immediately. The public health authority may exempt from isolation persons who are fully vaccinated or persons who have themselves been infected with the coronavirus within the last six months.
  - You must refrain from personal closeness with other members of your household. You can do this in a shared home if you 'separate in time' (for example, eat one after the other and not together) and 'separate in space' (for example, stay in separate rooms).
- You must not receive visitors who are not part of your household.
- If you test positive with a rapid antigen test, you should urgently have yourself tested with a PCR test to confirm the result. This can be done with a registered doctor or test provider. In rare cases, so-called 'false positive' results occur. The PCR test offers you more certainty here. Activate the Corona-Warn-App if necessary.
- Please inform your employer that you are infected with the coronavirus. If it is possible to work from home and you do not feel ill, you may do so. If this is not possible, there may be the possibility of compensation. You can find more information about this on the Saxony Regional Directorate website ([www.lds.sachsen.de](http://www.lds.sachsen.de)).
- You must report to the health authority and inform them of the test result. You must inform the health authority of the following:
  - Your name, a postal address and, if applicable, an email address and telephone number
  - The names of the members of your household and other close contacts In particular, these are people with whom you had contact in the two days before your test or symptoms, if
    - the close contact lasted for more than 10 minutes or
    - at a distance of less than 1.5 metres where both persons were not wearing mouth-nose protection
    - you were in a poorly ventilated room with the person

<sup>1</sup> According to the general ruling on isolation from close contacts, persons with a suspected infection and persons tested positive for the coronavirus in your district or municipality in the Free State of Saxony – see relevant internet portal

- The type of test (rapid antigen test or PCR test)

Please check the website of your district or municipality to find out the correct forms and contact details for reporting. Please use these!

- You must inform your other close contacts outside your household about the positive test result and the disclosure of their contact details to the public health authority. Please advise your contacts that they should also be on the lookout for symptoms of the disease and minimise contacts as a precaution. If the contact persons may be exempt from isolation due to complete vaccination or prior infection, the health authority must be informed of this. Exemption from isolation is at the discretion of the health authority.
- If you feel ill: Please report to the health authority and seek medical help if necessary (inform them that you have tested positive).
- Please write down in a diary whether you have any symptoms of the disease and if so, which ones. This can be important in determining the end of the isolation period.

#### When does the obligation to self-isolate end?

- After a positive rapid antigen test: if the subsequent PCR test is negative, your isolation will end as soon as you find out. This also applies to members of your household. You must inform the health authority immediately. You have the right to have the negative test result confirmed in writing or electronically.
- Your isolation ends 14 days after the initial detection of the pathogen (test) or the appearance of symptoms. The health authority can make a different decision and, if necessary, order a new test at the end of the 14-day period.
- For members of your household (close contacts) who are also self-isolating, the isolation will end after 14 days if they do not develop symptoms. The contact persons may have to isolate themselves longer than you. It may be that they have contracted the disease from you and only develop symptoms later.

You can find more information about the coronavirus and support services on the websites of your district or municipality and at [www.coronavirus.sachsen.de](http://www.coronavirus.sachsen.de).

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Date, time

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Name/signature

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