



Coronavirus leaflet

Important information for people infected with Covid-19 (Coronavirus)

As of March 25, 2020

If you **have been tested positive for the Coronavirus (Covid-19)**, the following applies:

Important:

→ In any case, you must comply with the strictest domestic isolation for **at least 14 days and may only leave the isolation** after you **have been free of symptoms for at least 48 hours and have consulted your doctor.**

→ **Please also inform your contact persons:**

These are people you have had contact with from 2 days before the onset of symptoms.

- Close contacts (Category 1): These people must also immediately be in domestic isolation for 14 days from the last contact with you.
- More distant contacts (category 2): domestic isolation is not arranged.

→ Information for infected people and contact persons can be found at www.landkreis-muenchen.de/coronavirus-betroffene. **Please forward this link!**

If you have been tested positive for the Coronavirus (Covid-19), the following applies:

Contact persons of category I ("higher" risk of infection) - exemplary constellations:

- People with cumulative ("face-to-face") contact for at least 15 minutes, e.g. as part of a conversation. these include e.g. people from communities in the same household.
- Any person with whom you have had professional or leisure time contact (e.g. discussions, meals at the same table) for at least 15 minutes with a distance of less than 1.5 meters.
- People in direct contact with secretions or body fluids.

In general:

Please keep yourself separate from the rest of the family. If there is a separate bathroom / toilet, only use this one.

If the demonstrably infected person is a small child: If possible, please organize family care so that only one adult is in close contact and, if possible, no siblings.

We request you to ensure good hand hygiene, to comply with the usual cough and sneeze labels and to regularly disinfect surfaces and door handles (where disinfectants are available).

Fill out the diary:

Please measure your temperature twice a day and fill out the diary of the Robert Koch Institute. The diary is available for download at

www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Kontaktperson/Tagebuch_Kontaktpersonen.html.

Please send this to the health department via email at the end of the 14-day domestic isolation (gesundheitswesen@lra-m.bayern.de).

How to deal with symptoms:

Accordingly, if you have symptoms (such as a sore throat, cough, runny nose, fatigue, body aches, fever or breathing pain), call your family doctor in advance and say that you were tested positive for the Coronavirus (Covid-19).

The family doctor will initiate appropriate treatment measures. If the family doctor cannot be reached, contact the emergency medical service at **116 117** or the emergency doctor at **112** if the symptoms are severe.

If symptoms such as very high fever and / or shortness of breath occur, please call **112**!

Additional links:

www.landkreis-muenchen.de/coronavirus

www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ_Liste.html

www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/ambulant.html

www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Empfohlene_Schutzmaßnahmen.html

www.infektionsschutz.de/coronavirus-sars-cov-2.html