



Coronavirus leaflet

Important information for category II contact persons

As of March 11, 2020

Cat. II contact persons (lower risk of infection) - exemplary constellations:

- People who were in the same room as a confirmed COVID-19 case, e.g. classroom, workplace, but had no cumulative ("face-to-face") contact with the COVID-19 case for at least 15 minutes.
- Family members who had no face contact for at least 15 minutes.

There is **no** domestic isolation.

In general:

We invite 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).

If possible, reduce contacts with other people.

How to deal with symptoms:

Accordingly, if you notice any symptoms (such as a sore throat, cough, runny nose, fatigue, body aches, fever or breathing pain), call your family doctor in advance and express your suspicions.

The family doctor will independently determine a diagnosis and initiate appropriate treatment measures. If it is indicated, the family doctor will inform the health department. 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.

With children:

If your (young) child is a Category 1 contact person, you can submit a certificate to your employer. For more information on the procedure, see www.landkreis-muenchen.de/coronavirus-betroffene.

Additional information:

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

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

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