



Coronavirus leaflet

Important information for Category I contacts

As of April 1, 2020

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. during a conversation. These include e.g. people from communities in the same household.
- People with direct contact with secretions or body fluids, especially with respiratory secretions from a confirmed COVID-19 case, such as: kissing, contact with vomit, mouth-to-mouth resuscitation, coughing up, aniseing, etc.

Important:

→ You must **maintain domestic isolation for 14 days** (since last contact with the confirmed case).

Quarantine end:

You may terminate the quarantine after at least 14 days if **no symptoms** persist for **at least 48 hours** before the end of the 14-day isolation period. In concrete terms, this means that if you are symptom-free on the 12th day of quarantine, you may move again on the 15th day according to the exit restrictions.

If the symptoms persist on 14th day or beyond, the **quarantine lengthens accordingly** until there are no symptoms for 48 hours.

Even **mild symptoms** such as lassitude, fatigue or scratchy throat still count! If you need a **quarantine certificate** for the employer, please contact your municipality therefor.

Important:

If the **positive case is a household member**, the **Category I contact person quarantine begins with the positive case quarantine and ends 14 days after the positive case quarantine ends**. This means that the quarantine for contact persons in household cases is 4 weeks or longer.

In general:

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

If the contact person is a small child: If possible, please organize family care so that only one adult has close contact.

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_Kontaktperson.en.html.

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

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.

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 are a contact person.

The family doctor will independently determine a diagnosis and initiate appropriate treatment measures and notify 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.

At the same time, we kindly invite you to inform the health department thereon via email (gesundheitswesen@lra-m.bayern.de). Please also inform the health department if symptoms only appear in the course of domestic isolation.

Additional links:

www.landkreis-muenchen.de/coronavirus

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

https://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