



My PCR TEST is positive – What do I have to do now?

Dear Citizen,

You have taken a PCR test for the SARS-CoV-2 coronavirus (these also include PoC-PCR tests) and your test result was positive.

The following explains what you have to consider in the event of a positive PCR test result.

1. Go into quarantine (isolation).

- If you have received a positive PCR test result, go home immediately and without any detours. This also applies to vaccinated and recovered individuals. (In addition, if you have just undergone a PCR test because you have symptoms and are still waiting for the result, you must go into quarantine at least until you receive the test result.)
- Only leave your apartment or house in medical or other emergencies or for testing. If you have a garden or balcony, you can spend time there by yourself.
- Avoid any direct contact with other people in your household. If possible, stay in your own room – even for meals. Wear a mask if you have contact with other people in your household. Ventilate all the rooms in your home regularly. You and members of your household (unless they have been vaccinated or have recovered) may not receive visitors. Even vaccinated or recovered household members should if possible not receive any visitors in the same household during this time.
- If you develop symptoms or they get worse, call your family doctor or the emergency medical service (116117).

2. Duration of quarantine and options to end it prematurely

- Your quarantine normally ends 10 days after the virus is detected (when the sample is taken or date of receipt by the laboratory, depending on what occurs first).
- If you are fully vaccinated (based on a vaccination schedule posted at www.pei.de/impfstoffe/covid-19, proof of a booster shot is not required) and have been asymptomatic for the entire period, you have the option of ending it by obtaining a negative rapid antigen test result. The sample can be taken no earlier than on day seven of quarantine. Your quarantine then ends prematurely when you have the negative test result. Your negative test result must only be presented if the health department responsible requests it explicitly. There is no possibility of self-testing if you have detected a variant that is causing concern (e.g. Omicron currently).

3. Inform the members of your household.

- Let all the members of your household know as soon as possible that you have tested positive.

- Members of your household must also go into isolation (quarantine) as soon as they become aware of your positive result, unless they can show they have suffered from Covid-19 within the last six months (PCR test) or are fully vaccinated (which means based on a vaccination schedule posted at www.pei.de/impfstoffe/covid-19, proof of a booster shot is not required) and have not received a contradictory order from the authority responsible.
 - Members of your household who are also obliged to go into isolation may only leave the apartment or house in medical or other emergencies or for testing. They may spend time on their own balcony or in their garden.
 - Quarantine for members of your household normally ends 14 days after your test result, as long as your household members do not develop symptoms themselves and / or test positive.
 - In addition, options are available for household members to end their quarantine prematurely, provided they do not show any symptoms. A rapid antigen test can be done on the seventh day of quarantine. If this is negative, your household members' quarantine ends prematurely as soon as they have the negative test result on the same day. The negative test result (to end the quarantine of household members prematurely) must be carried with them until the end of the original quarantine period and only presented to the authority responsible on request.
 - If a variant has been detected in a primary case that causes concern (e.g. Omicron currently), self-testing for household members is not possible.
 - Your positive PCR test result does not initially result in any further obligations to isolate on the part of other individuals except for members of your household. You can inform others you deal with and have contact with of your positive test result. However, those you are in contact with do not have to report to the health department.
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4. Contact by the health department

- In the future, the health department will no longer routinely contact people who have tested positive, household members and other contacts outside of outbreaks and settings with vulnerable groups. It is not necessary either for you to contact the health department yourself.
- If you have any questions about your own quarantine or that of members of your household, please use the relevant phone hotlines or information facilities such as the following.
 - FAQs on issues in relation to quarantine and isolation in Baden-Württemberg: <https://www.baden-wuerttemberg.de/de/service/aktuelle-infos-zu-corona/fragen-und-antworten-rund-um-corona/faq-quarantaene/>
 - Information from the Federal Center for Health Education: <https://www.infektionsschutz.de/corona-virus/fragen-und-antworten/quarantaene-und-isolierung/>
- If you require a certificate of your quarantine, please contact your local police.