



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 (also with a booster shot) 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 are exempt from quarantine, see below) may not receive visitors. Even household members who are exempt from quarantine 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 (date when the sample is taken or date of receipt by the laboratory, depending on what occurs first).
- You have the option of ending quarantine prematurely by obtaining a negative rapid antigen test result. The sample can be taken no earlier than on day seven of quarantine. In addition, you must be symptom-free for at least 48 hours. Your quarantine then ends prematurely as soon as you have the negative test result. Your negative test result must only be presented if the health department responsible requests it explicitly.
- If you work in a medical nursing facility, you may also require a negative PCR test and must also have been symptom-free for at least 48 hours. In this case, contact your employer to find out whether this regulation applies to you.
- There is also the possibility of a free test if you have been diagnosed with the Omicron variant.
- The costs of the free test are covered by the federal test ordinance and are therefore free of charge to you.
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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 are considered exempt from quarantine. An individual who is deemed exempt from quarantine is
 - Anyone who has received two vaccinations against Covid-19 and whose second shot was no less than 15 days and no more than 90 days before,
 - A recovered person whose PCR evidence of a previous infection with Covid-19 is no less than 28 days and no more than 90 days after the sample was taken,
 - A vaccinated person who has received at least one booster shot or
 - A recovered person who has received one or two vaccinations against Covid-19, regardless of the order in which the vaccination and infection occurred,
- *And* has not received a contradictory order from the authority responsible in all cases.

In addition, household members must not have tested positive themselves and must be symptom-free.

- 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 ten days after your test result, as long as your household members do not test positive themselves. If symptoms occur in your household members, clarification and testing are recommended
- In addition, options are available for household members to end their quarantine prematurely. A rapid antigen test can be done from the seventh day of quarantine. If this is negative, your household members' quarantine ends prematurely (even if these are employees in medical nursing facilities) as soon as they have the negative rapid 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.
- Children in daycare and schoolchildren belonging to the household plus children in daycare and schoolchildren who have been classified as close contacts, can take the free test from day five of quarantine.
- 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.

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/>
- If you require a certificate of your quarantine, please contact your local police.