

# My rapid test is positive – what should I do now?



Baden-Württemberg

MINISTERIUM FÜR SOZIALES, GESUNDHEIT UND INTEGRATION

Dear Sir or Madam,

You have had a test for the SARS-CoV-2 coronavirus by means of a rapid antigen test and your test proved to be positive. This includes antigen tests that have been conducted by trained third parties or supervised by the appropriate individuals. Self-tests you carry out yourself and are not supervised by third parties are not included.

The following explains to you what you should take account of in the event of a positive test result.

## 1. Go into isolation.

- If you have received a positive rapid antigen test result, please go to your apartment or house immediately and without taking any detours.
- You should assume that you may infect other people, even if you do not have any symptoms. Coronavirus infections are asymptomatic in many cases.
- Leave your home only in medical or other emergency situations. If you have a garden or a balcony, you can spend time there by yourself.
- Avoid direct contact with other people in your household. Stay in your own room if possible – even at mealtimes. You and members of your household are not permitted to receive any visitors.
- Wear a mask if you have contact with other people in your household. Ventilate all the rooms in your home regularly.
- Your isolation period normally ends 14 days after your test result or after symptoms occur.
- If you have symptoms or if they worsen, call your general practitioner or the relevant emergency service.

## 2. Inform the members of your household.

- Notify all your household members as soon as possible that you have tested positive.
- Your household members must also go into isolation (quarantine) as soon as they are informed of your positive result, except if they can demonstrate that they have contracted Covid-19 within the last six months or have been completely vaccinated and have not received any instructions to the contrary from the authorities responsible.

- Your household members may also only leave the apartment or house in medical or other emergency situations. If you have a garden or balcony, you and your household members may spend time there alone.
- The quarantine for your household members ends 14 days after your test result or the onset of initial symptoms in you (whatever occurs first), unless your household members develop symptoms themselves and / or test positive.

### **3. Have your test result confirmed.**

- Rapid antigen tests also show false positive results in rare cases. Your positive result should therefore also be confirmed by means of a more reliable PCR test.
- If you have carried out the rapid test yourself at school, at your employer or when accessing a service provider (e.g. hairdresser) and have been supervised by a suitable person, you are required to carry out a follow-up PCR test.
- Contact a test center to have your rapid antigen test result confirmed by a PCR test. You can find the contact details on the website of the Association of Statutory Health Insurance Physicians in Baden-Württemberg at: <https://www.kvbawue.de/buerger/notfallpraxen/corona-anlaufstellen/corona-karte/> or by calling 116 117. Municipal authorities also often list test centers on their websites.
- You can interrupt your home isolation to have the PCR test carried out. You must observe the appropriate protective measures (social distancing, medical mouth and nose protection) and avoid using public transport if possible.
- If you have also done a confirmatory PCR test and the result of this PCR test is negative, your isolation and the isolation of your household members ends immediately when you receive the test result.

### **4. Contact by the health department.**

- The health department will contact you as soon as it is aware of the positive result of your rapid antigen test or your positive PCR test if you have had it carried out for confirmation. There is no need for you to contact the health department yourself.
- In your discussion with the health department, you will be asked about individuals you have had close contact with. It is therefore a good idea to start thinking now about who you have been in contact with in the last few days.
- Following this discussion, the health department or the regulatory authority will then contact all the individuals designated as having close contact with you outside your household; you do not have to notify them yourself. Only after being notified by the authorities do these individuals have to go into isolation.
- You, your household members and people you have been in contact with will then receive a confirmation of your isolation from the authorities. This may take a few days.