

My RAPID TEST is positive

– What do I have to do now?



Baden-Württemberg

MINISTERIUM FÜR SOZIALES, GESUNDHEIT UND INTEGRATION

Dear Citizen,

You have taken a rapid antigen test for the SARS-CoV-2 coronavirus and your test result was positive. These include antigen tests that have been carried out by trained third parties or supervised by suitable individuals. They do not include self-tests you carried out yourself or were not supervised by third parties.

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

1. Go into isolation quarantine (isolation).

- If you have received a positive rapid antigen test result, go home immediately and without any detours. This also applies to vaccinated (also with a booster shot) and recovered individuals.
- 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) 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 (116 117).

2. Duration of quarantine and options for ending it prematurely

- Your quarantine period normally ends 10 days after the test result (date of sample taken). Even a subsequent confirmatory positive PCR test result does not extend the duration. The calculation is based on the positive rapid antigen test result.
- If a PCR test has also been carried out and the PCR test result is negative, your quarantine ends prematurely as soon as you have the negative PCR test result. The health department will not send you any separate notification. You must notify the local police authority of your negative PCR test result. The costs of PCR testing are covered by the federal test ordinance and therefore free of charge for you.
- If you have not done a confirmatory PCR test, you have the option of having a rapid antigen test carried out from day seven of your quarantine. As such, you must also be symptom-free for at least 48 hours. If this is negative, your quarantine ends as soon as you have the negative rapid antigen test result.
- However, the same option applies if you have taken a confirmatory PCR test and this was positive. Even then, you have the option of carrying out a rapid antigen test from day seven of your quarantine. As such, you must be symptom-free for at least 48 hours. If this test is negative, your quarantine ends as soon as you have the negative rapid antigen test result.
- If you work in a medical nursing facility, you may also require a negative PCR test and have to be symptom-free for at least 48 hours. In this case, contact your employer to find out whether this regulation applies to you.
- The free testing option also applies if you have been diagnosed with the Omicron variant.

- The costs of free testing are covered by the federal testing ordinance and are therefore free of charge to you.

3. Have your test result confirmed.

- If there is sufficient PCR capacity in your area, you should have your positive rapid antigen test confirmed by means of a more reliable PCR test and then go into quarantine immediately. The costs of the PCR retesting are covered by the federal test ordinance and are therefore free of charge to you. Let the test center know in advance that you have had a positive rapid test. You can find the contact details on the website of the Baden-Württemberg Association of Statutory Health Insurance Physicians at <https://www.kvbawue.de/buerger/notfallpraxen/corona-anlaufstellen/corona-karte/> or by calling 116 117. You can find a list of participating pharmacies that sometimes also provide PCR tests on the website of the state pharmacy association. Local authorities also often list other test centers on their websites.
- You may interrupt your quarantine at home to carry out the PCR test. As such, you must observe protective measures (social distancing, medical mouth and nose protection or FFP2 mask).
- If you have also undergone a confirmatory PCR test and the result of this PCR test is negative, your quarantine and that of your household members ends as soon as you receive your test result.

4. 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 member 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 the garden.
- Quarantine for members of your household normally ends ten days after your test result, as long as your household members do not develop symptoms themselves and / or test positive. If symptoms develop among your household member, 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 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.

- Children in daycare and schoolchildren who belong to the household and children in daycare and schoolchildren who are classified as close contacts can have free tests from day five of their quarantine.
- Your positive rapid antigen 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.

5. 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 for you to contact the health department yourself either.
- 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.