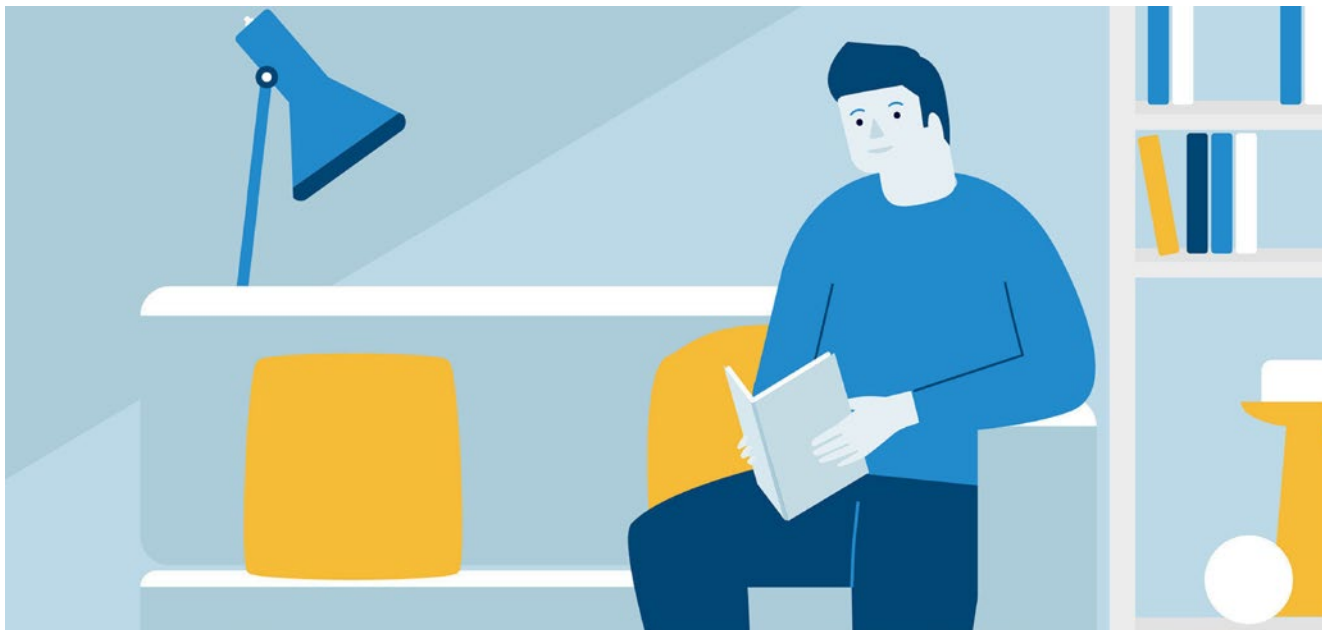


Coronavirus SARS-CoV-2

Rules and recommendations for domestic quarantine

Domestic quarantine serves as a protective measure to prevent further spread of the coronavirus SARS-CoV-2. During a quarantine, you should observe the rules of conduct.



What is domestic quarantine?

Domestic quarantine is a protective measure to help contain the spread of the coronavirus SARS-CoV-2. It refers to the temporary isolation of individuals suspected of being infected with the coronavirus SARS-CoV-2. These are usually the contact persons of sick people or people entering from designated risk areas abroad. The quarantine can either be ordered by the authorities or be voluntary.

In Germany, quarantine orders are regulated in the Infection Protection Act (IfSG) and are issued by the competent authority – usually the public health office. A quarantine does not end automatically but rather is lifted by the competent authority.

If a person is proven to be infected with the coronavirus SARS-CoV-2 by a positive test, the authorities – usually also the public health office – will order an isolation. Depending on the severity of the disease, the individual is isolated either at home or in hospital. Certain criteria apply in order to be released from isolation. If these are fulfilled, it can usually be assumed that the individual is no longer contagious. This is decided by the public health office in consultation with the doctor treating the patient. A quarantine is usually ordered for members of the same household as the patient in domestic isolation.



What rules apply to an ordered quarantine?

Domestic quarantine is usually ordered for people at high risk of contracting the coronavirus SARS-CoV-2. There is a higher risk if there has been close contact with a person with a laboratory-confirmed SARS-CoV-2 infection in the last two weeks. Close contact means that you have spoken to this individual in person for at least 15 minutes or have had direct contact with respiratory secretions (e.g. you were sneezed or coughed on). The public health office can classify an individual as a contact person with a higher risk of infection in other situations as well and order a quarantine (for more information on how to proceed after contact with a person infected with the coronavirus, see www.infektionsschutz.de/verdacht-auf-infektion).

During the domestic quarantine, you must follow the orders of the public health office. This includes not leaving your home and not receiving visitors. You should also monitor your health status. Take your body temperature twice a day, and keep a diary of any signs of illness. The public health office will regularly inquire about your health status.

Please note: violation of an officially ordered quarantine can be punished with a fine or imprisonment.

What hygiene tips should you follow whilst in quarantine?

To prevent the coronavirus from spreading further, you and the members of your household should strictly adhere to the rules of conduct and hygiene measures recommended by the public health office. These include:

- Not occupying the same room as other members of your household or using rooms (e.g. for meals) at different times as far as possible.
- Keeping a distance of at least 1.5 metres and wear a mask if being in the same room cannot be avoided.
- Making sure that all rooms are regularly ventilated.
- Not sharing household items such as dishes and linens with others.
- Regularly cleaning surfaces and objects with which you come into contact with household detergent.
- Regularly and thoroughly washing your hands with soap for at least 20 seconds.
- Keeping your hands away from your face – especially your mouth, nose, and eyes.



Quarantine also for people entering from risk areas

As a rule, those entering Germany from a designated risk area abroad must undergo domestic quarantine for 10 days.

A digital entry declaration must also be filled in. Further up-to-date information can be found at www.infektionsschutz.de/risikogebiet.



- Observe the coughing and sneezing rules: when coughing or sneezing, keep the greatest possible distance from others, and turn away from them. Sneeze or cough in the crook of your arm or into a disposable tissue – which you then dispose of – and thoroughly wash your hands. Wash your hands also after blowing your nose.
- In individual cases and after consultation with a doctor, you may wish to use a disinfectant for hands and/or surfaces – for example, if you are caring for someone with a highly contagious infection or an immune deficiency. For advice on the hygiene measures that COVID-19 patients in domestic isolation should follow, see www.infektionsschutz.de/quarantaene-und-isolierung-hygiene.

What should you do if signs of illness appear or become more severe?

Please inform the public health office immediately if you develop signs of illness such as fever, cough, breathing difficulties, or a general feeling of illness during the domestic quarantine.

If you are nursing a confirmed mild COVID-19 disease in domestic isolation, you should call your doctor immediately if your symptoms become worse.

If you need medical help because of another or existing illness, you can contact your family doctor, another doctor, or the medical on-call service at **116117**. During the telephone call, make sure you mention that you are in domestic quarantine or isolation. In emergencies (e.g. in the case of acute respiratory distress), call the emergency number **112**.

Where can you find support during domestic quarantine?

- Ask family, friends, or a neighbour to provide you with food, medicine, and other everyday necessities. It is best to have groceries left on your doorstep.
- Food ordered from a delivery services and parcels should also be left on your doorstep.
- If you have a dog, have someone walk it for you.
- If you have problems with your care, contact the public health office. Support may also be provided by volunteers in your community.

How can you reduce the burden of quarantine for yourself and your child?

- A domestic quarantine is a particularly difficult challenge, especially for children. Explain the situation in an age-appropriate way, and take any fears seriously (for further advice, see www.infektionsschutz.de/quarantaene-und-isolierung-kind).
- A consistent daily schedule is helpful for both you and your family.
- Even in this unusual situation, make sure you consume media suitable for children and young people. Tips and information for caring for and entertaining children at home can be found at kindergesundheit-info.de.
- Social relationships can – and should – be maintained even without direct contact. Stay in touch with family and friends via telephone and other media. Encourage your child to do the same.



- Make sure you are physically active. On the Internet, you will find many suggestions for keeping active in your home or garden.
- Do not be afraid to use the telephone counselling service or other crisis services if necessary.
- In many places, hotlines have been set up to provide advice on questions concerning family life. Find out more about this on the website of your municipality or city.



Further information

Citizen information: [“Tips for domestic quarantine”](#) and [“COVID-19: Tips for parents”](#) Practical information from the Federal Office of Civil Protection and Disaster Assistance (BBK) – also in simple language

Flyer: [Domestic quarantine \(ordered by the public health office\)](#)

Information from the Robert Koch Institute (RKI) for contact persons who are not ill and who are in quarantine after consultation with the public health office – in various languages

Flyer: [Domestic isolation for confirmed cases of COVID-19 disease](#)

Information from the Robert Koch Institute (RKI) for affected persons and relatives – in various languages

Your contact partner on site

Telephone _____

Fax _____

Email _____

STAMP

