



To whom it may concern,

You are suspected of having the COVID-19 disease based on a positive rapid antigen test. Therefore you and your household members must immediately isolate yourself from others (quarantine). Furthermore, according to the Test and Quarantine Ordinance of North Rhine-Westphalia, you are obliged to have a PCR-test carried out immediately. This can be carried out by your family doctor or - if you have no symptoms - at a test center that carries out PCR-tests.

Contact persons without symptoms are exempt from quarantine measures, if they are immunized (i.e. people who have been fully vaccinated against COVID-19, recovered people within the first six months after a previous COVID-19 infection or recovered people with one dose of vaccine).

If symptoms occur despite a previous vaccination or COVID-19 infection, you must go into self-isolation and arrange for a PCR-test to be carried out by your family doctor as soon as possible.

### **Required Steps:**

The suspicion makes it necessary that certain requirements are upheld, which, if possible, should also be implemented in the household and followed by household members (family, roommates):

- If you come into contact with members of your household, you and your household members should keep a distance of at least 1.5 m and wear mouth and nose protection.
- If possible, you should stay separate from other people in a single room.
- Ensure that all rooms are ventilated regularly.
- Do not use the kitchen, bathroom and other common areas, unless absolutely necessary.
- You and your household members should eat your meals both timely and physically separated from one another.
- Be aware of the AHA + L-rules (“Abstand-Hygiene-Alltagsmaske-Lüften”; Translation: distance-hygiene-mask-ventilation)

For the duration of your quarantine, you and your household members will be asked to monitor your symptoms. For this you are asked to measure your body temperature 2 x per day (in the morning and evening) and document it in writing. Should flu-like symptoms (fever, coughing, runny nose, discomfort, weakness, shortness of breath) occur or have already occurred, please contact your family doctor immediately for further information. Outside of regular office hours and on weekends please call 116117.

**Positive PCR result:** A further quarantine applies to you and your household members. The health department will send you a link to an online form via SMS or email. Please fill this out immediately. You will then receive a second link to transmit your household contacts and close contact persons. After the case handlers have processed your case, you will be sent an email with further information. The quarantine certificate will be sent to you by post. Anyone who does not have the technical means to receive the link or cannot transmit their data digitally for other reasons will receive a call from the employees of the health department at the earliest 24 hours after receipt of the laboratory report.

**Negative PCR result:** The quarantine for you and your household members ends automatically. If you or the members of your household require a quarantine certificate please upload the relevant data and your negative test result on the homepage of the district of Kleve or submit your documents in writing (Gesundheitsamt des Kreises Kleve, Nassauerallee 16, 47533 Kleve).

<u>Tested positive?</u>	<u>General information</u>