



To whom it may concern

Based on a positive rapid antigen test, you are urgently suspected of having COVID-19 disease. Therefore, you must go into isolation. You should have the test result verified by a PCR test as soon as possible. Without a positive PCR test, it is not possible to issue a certificate of recovery. If you do not have the PCR test done, the same obligations apply to you as to persons who have tested positive for PCR. The PCR test can be done at a testing site that offers PCR testing.

### **Behavioral Measures:**

Suspicion requires that certain (behavioral) measures be followed, which should also be implemented in the home environment by household members (family, roommates), if possible:

- When in contact with members of your household, you and your relatives should keep at least 1.5 m distance and each wear mouth-nose protection.
- If possible, they should be housed separately from other persons in a single room.
- Make sure all rooms are ventilated regularly.
- Do not use the kitchen, bathroom and other common areas more often than absolutely necessary.
- If possible, take your meals and those of your relatives separately in terms of time and space.
- Follow the AHA + L rules (distance-hygiene-everyday-mask-ventilation).

If severe flu-like symptoms (fever, cough, malaise, weakness, shortness of breath) occur or have already occurred, please contact your primary care physician for further disposition. Outside regular office hours and on weekends, please call 116 117.

**Positive PCR result:** Isolation must be continued. The health department will send you a link via SMS or email to an online form. Please fill this out immediately. After your case has been processed by the case workers, an email will be sent to you with further information. Isolation generally ends after five days from the day the first positive test (PCR test or previous official rapid corona test) is taken. Counting begins on the day after testing. Even after isolation ends, continuous wearing of a medical mask is recommended until the tenth day from the day symptoms first appear or the first positive test is performed, especially when in contact with vulnerable individuals. Your positive PCR test result is sufficient for the issuance of your certificate of recovery.

**Negative PCR result:** Isolation for you ends automatically. If you need an isolation 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 (Health Office of the district of Kleve, Nassauerallee 16, 47533 Kleve).

**For more information, please visit our homepage at [www.kreis-kleve.de](http://www.kreis-kleve.de).**

You can reach the Corona telephone of the District of Health Office at 02821-857800 Monday through Thursday from 08:00 - 16:00 and Friday from 08:00 - 13:00.

