



To whom it may concern:

You are suspected of having the COVID-19-disease based on a positive rapid antigen test result. Therefore, **you and your household members are ordered to go into self-isolation at home (quarantine)**.

According to the quarantine regulation of the province NRW, the quarantine begins with the receipt of a positive rapid antigen test result. The duration of the quarantine depends on the result of the PCR test, which must be carried out as soon as possible. This can be done with the help of your family doctor.

After receipt of the PCR test result, you will receive a corresponding certificate from the health department with further information about the duration of the quarantine by post. It will also include further information for your employer.

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. Furthermore, the health department must be informed about any occurring symptoms, either via phone **02821 594 950** or via email: **kontakt-ov@kreis-kleve.de**.

Positive PCR result: additional quarantine for you and your contacts (including household contacts) In this case, the health department will discuss how to proceed with you further via phone.

Negative PCR result: Your quarantine will be cancelled.

Further information can be found on the website of Kreis Kleve at: www.kreis-kleve.de.

Website of Kreis Kleve:



QR-Code

