



COVID-19: Do I have it and what should I do?

Guidance for the public

Do you have at least one of the following symptoms?

Cough, high temperature or fever, shortness of breath, loss of sense of smell or taste, runny nose or sneezing, sore throat, headache, limb pain, general feeling of weakness



Step 1: If yes, follow these important rules

Stay at home and limit direct contact with other people, especially those in higher risk groups.



Maintain a distance of at least 1.5 m from other people and wear a face mask where specifically recommended.



Wash your hands regularly and follow the guidelines on coughing and sneezing.



Step 2: Receive advice over the phone

- ▶ Call 116117 or your local coronavirus hotline
- ▶ Call your primary care physician or other doctor
- ▶ Call a coronavirus test centre
- ▶ Let them know if you are in a higher risk group.
- ▶ If you cannot reach any of the above, keep trying.
- ▶ If you have difficulty breathing, call the emergency services: Dial 112.

Higher risk groups include the following in particular:

- ▶ Older people (including residents in care homes and people who receive care in their homes)
- ▶ People with pre-existing conditions (such as cardiovascular disease, lung disease, cancer, diabetes)
- ▶ People with weakened immune systems (such as those taking immunosuppressant medication)



Step 3: Follow your doctor's instructions

- ▶ Your doctor will assess the severity of your illness and decide whether you require further care by a doctor from a medical clinic or need to go to hospital. If necessary, you will also receive a sick note.
- ▶ Based on your doctor's assessment, you may be tested for the novel coronavirus (SARS-CoV-2). If your test is positive, your doctor will inform the relevant health authorities. If a test is not required, your doctor will speak with you about the next course of action.



Step 4: If you have been tested outside of a hospital, wait for the result

- ▶ While you wait for your test result, continue to follow the main rules (see Step 1) and your doctor's instructions.

What to do if your test result is positive for SARS-CoV-2

If you are being treated by a medical clinic, speak to your doctor about what measures you and those around you should take. You should also follow these recommendations:

- ▶ Reduce the number of people in your household and your contact with them to an absolute minimum.
- ▶ Avoid sharing your living space with anyone who is in a higher risk group.
- ▶ If possible, stay in a well-ventilated room by yourself.
- ▶ Try to eat your meals in a separate room and at different times from others.
- ▶ Use shared rooms (such as the kitchen, hall or bathroom) only when absolutely necessary.
- ▶ If you and other members of your household are unable to be in separate rooms, please
 - maintain a distance of at least 1.5m from each other and
 - each wear surgical masks.

- ▶ Wash your hands regularly and thoroughly with soap and water.
- ▶ Sneeze or cough into a disposable tissue or into the crook of your arm if you do not have a tissue.
- ▶ Do not share household items with others (such as dishes, cutlery, towels or bed linen).
- ▶ On a daily basis, clean surfaces and objects you regularly touch (such as bedside tables, bed frames, door handles, light switches or smartphones).
- ▶ Regularly ventilate all rooms.
- ▶ Keep your laundry separate and wash it at a temperature of at least 60 °C.
- ▶ Deliveries should be left on your doorstep.

▶ If your symptoms get worse, especially if you have difficulty breathing, seek medical help immediately.



What to do if your test result is negative for SARS-CoV-2

Continue to wash your hands regularly and follow the guidelines on coughing and sneezing. Speak to your doctor about any other steps you should take.

More information:



BZgA
www.infektionsschutz.de



RKI
www.rki.de/covid-19-isolierung