



Quarantine– Rules

There are three reasons to be quarantined:

- If you feel sick (fever and cough),
- if you have been in contact with an infected person,
- or if you have been confirmed as carrying the Corona Virus.

Quarantine means a temporary isolation of persons affected by or suspected of having a contagious disease to keep them away from others so they don't unknowingly infect anyone. Quarantines are used to stop the spread of contagious diseases. Therefore Quarantine is an effective way to protect the public from an infection with the Corona Virus.

It is very important to follow the rules when you are quarantined:

1. You have to stay at home for at least 14 days. Avoid leaving your room.
2. When under quarantine wash your hands often and thoroughly with soap and at least 30 seconds. Cough and sneeze into your inner elbow, or into a tissue, which you then immediately dispose of in a rubbish bin. Keep at least 2 meters away from other people.
3. Visits from anyone are prohibited.
4. If you need to see a doctor, call ahead first, so that the medical facility can take steps to prevent others from getting infected.
5. Ask friends or neighbors to assist you with grocery shopping or errands from the pharmacy. The items must be stored in front of your door.

Please note: If you violate a legal quarantine, a monetary fine or a prison sentence are faced.

If you are confirmed as carrying the Corona Virus, the health board (Gesundheitsamt) will give you further instructions.

You are obliged to follow these instructions without any exceptions. Cooperate with the authorities!

If you are confirmed as carrying the Corona Virus or suspected of being infected with the Corona Virus share that information immediately with people you have been in contact with. The symptoms may appear 2-14 days after exposure, so talk to everyone you've been in close contact the last 14 days. Close contact means that you spoke with the person for at least 15 minutes or been in contact without keeping 2 metres apart.

This includes:

1. A person living in the same household.

2. A person you've spoken with for at least 15 minutes.

3. A person you've been in contact without keeping 2 metres apart (e.g. during a conversation), also in schools, kindergardens or at work,

3. A person you've been in contact with at Doctor's offices/clinics or at an events (so-wide comprehensible).

What to do with waste if you are confirmed as carrying the Corona Virus or suspected of being infected with the Corona Virus?

All kinds of waste from affected households must be disposed in the **black waste bin**. (Schwarze Tonne)

Other precautions:

- Small amounts of liquid waste shall be put with sufficiently absorbent material to ensure drip-free delivery. Larger quantities of liquid waste must not be disposed via the residual waste bin.

- The waste must be collected in stable garbage bags, which must be tightly closed after filling with the waste, for example by knotting.

- The garbage bags must be placed directly in the bins or containers. They cannot be placed next to them.

All other households continue their waste routines in order not to unnecessarily burden waste disposal facilities.