My PCR TEST is positive
– What do I have to do now?

Dear Citizen,

You have taken a PCR test for the SARS-CoV-2 coronavirus (these also include PoC-PCR tests) and your test result was positive.

The following explains what you have to consider in the event of a positive PCR test result.

1. Go into quarantine (isolation).

   • If you have received a positive PCR test result, go home immediately and without any detours. This also applies to vaccinated and recovered individuals. (Even if you have just undergone a PCR test because you have symptoms and are still waiting for the result, you must go into quarantine at least until you receive the test result.)

   • Only leave your apartment or house in medical or other emergencies. If you have a garden or balcony, you can spend time there by yourself.

   • Avoid any direct contact with other people in your household. If possible, stay in your own room – even for meals. Wear a mask if you have contact with other people in your household. Ventilate all the rooms in your home regularly. You and members of your household (unless they have been vaccinated or have recovered) may not receive visitors. Even vaccinated or recovered household members should if possible not receive any visitors in the same household during this time.

   • Your quarantine normally ends 14 days after the sample is taken or the onset of symptoms (depending on what occurs first). If you are fully vaccinated and do not have any typical symptoms of a SARS-CoV-2 infection during your entire quarantine period, you have the option of ending it by obtaining a negative PCR test result. The sample can be taken no earlier than on day five. The costs for this test are currently not covered or refunded. Your quarantine then ends when you present the negative test result without being notified by the health department. Your negative test result must only be presented if the health department responsible requests it explicitly.

   • If you develop symptoms or they get worse, call your family doctor or the emergency medical service (116117).

2. Inform the members of your household.

   • Let all the members of your household know as soon as possible that you have tested positive.

   • Members of your household must also go into isolation (quarantine) as soon as they become aware of your positive result, unless they can show they have suffered from Covid-19 within the last six months or are fully vaccinated and have not received a contradictory order from the authority responsible.
• Members of your household who are also obliged to go into isolation may only leave the apartment or house in medical or other emergencies. They may spend time on their own balcony or in their garden.

• Quarantine for members of your household normally ends 10 days after your test result or the onset of your initial symptoms (whichever occurs first), as long as your household members do not develop symptoms themselves and/or test positive.

• In addition, the following options are available for household members to end their quarantine prematurely, provided they do not show any symptoms.
  1. From the fifth day of quarantine with a negative PCR test result available when the samples are taken no earlier than on this day,
  2. From the fifth day of quarantine with a negative rapid test result available when the samples are taken no earlier than on this day from individuals who are tested regularly as part of a serial test strategy at a school or child care center or
  3. From the seventh day of quarantine with a negative rapid test result available with samples taken no earlier than on this day.

• You must carry the negative test result with you until the end of the original quarantine period and must only present it to the authority responsible on request.

• Your positive PCR test result does not initially result in any further obligations to isolate on the part of other individuals except for members of your household. You can inform others you deal with and have contact with of your positive test result. However, those you are in contact with do not have to report to the health department.

3. Contact by the health department

• In the future, the health department will no longer routinely contact people who have tested positive, household members and other contacts outside of outbreaks and settings with vulnerable groups. It is not necessary either for you to contact the health department yourself.

• If you have any questions about your own quarantine or that of members of your household, please use the relevant phone hotlines or information facilities such as the following.
  o Information from the Federal Center for Health Education: [https://www.infectionsschutz.de/coronavirus/fragen-und-antworten/quarantaene-und-isolierung/](https://www.infectionsschutz.de/coronavirus/fragen-und-antworten/quarantaene-und-isolierung/)

• If you require a certificate of your quarantine, please contact your local police.