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

Dear Citizen,

You have taken a rapid antigen test for the SARS-CoV-2 coronavirus and your test result was positive. These include antigen tests that have been carried out by trained third parties or supervised by suitable individuals. They do not include self-tests you carried out yourself or were not supervised by third parties.

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

1. Go into isolation quarantine (isolation).
   - If you have received a positive rapid antigen test result, go home immediately and without any detours. This also applies to vaccinated and recovered individuals.
   - Only leave your apartment or house in medical or other emergencies or for testing. 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.
   - If you develop symptoms or they get worse, call your family doctor or the emergency medical service.

2. Duration of quarantine and options for ending it prematurely
   - Your quarantine period normally ends 10 days after the test result (sample taken). Even a subsequent confirmatory positive PCR test result does not extend the duration. The calculation is based on the positive rapid test result.
   - If a PCR test has also been carried out and the PCR test result is negative, your quarantine ends prematurely as soon as you have the negative PCR result. The health department will not send you any separate notification. You must notify the local police authority of your negative PCR result. The costs of PCR testing are covered by the federal test ordinance and therefore free of charge for you.
   - If you are fully vaccinated (which means based on a vaccination schedule posted at www.pei.de/impfstoffe/covid-19, proof of a booster shot is not required) and have been asymptomatic for the entire period, you have the option of ending it prematurely by obtaining a negative rapid antigen test result. The sample can be taken no earlier than on day seven of quarantine. Your quarantine then ends prematurely when you have the negative test result on the same day. Your negative test result must only be presented if the health department responsible requests it explicitly. There is no possibility of self-testing if you have detected a variant that is causing concern (e.g. Omicron currently).

3. Have your test result confirmed.
   - Rapid antigen tests also occasionally show false positive results. You should therefore have your positive result confirmed by means of a more reliable PCR test.
   - If you have carried out the rapid test yourself at school, at your workplace or when seeking access to a service provider (e.g. a hairdresser) and have been supervised by a suitable individual, you are required to undergo a subsequent PCR test.
• Contact a test center to have your rapid antigen test result confirmed by a PCR test. The PCR test is in this case free of charge. You can find the contact details on the website of the Baden-Württemberg Association of Statutory Health Insurance Physicians at https://www.kvbawue.de/buerger/notfallpraxen/corona-anlaufstellen/corona-karte/ or by calling 116 117. You can find a list of participating pharmacies that sometimes also provide PCR tests on the website of the state pharmacy association. Local authorities also often list other test centers on their websites.

• You may interrupt your quarantine at home to carry out the PCR test. As such, you must observe protective measures (social distancing, medical mouth and nose protection or FFP2 mask) and avoid using public transport if possible.

• If you have also undergone a confirmatory PCR test and the result of this PCR test is negative, your quarantine and that of your household members ends as soon as you receive your test result.

4. 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 (PCR test) or are fully vaccinated (which means based on a vaccination schedule posted at www.pei.de/impfstoffe/covid-19, proof of a booster shot is not required) 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 or for testing. They may spend time on their own balcony or in the garden.

• Quarantine for members of your household normally ends 14 days after your test result, as long as your household members do not develop symptoms themselves and / or test positive.

• In addition, options are available for household members to end their quarantine prematurely, provided they do not show any symptoms. A rapid antigen test can be done on the seventh day of quarantine. If this is negative, your household members’ quarantine ends prematurely as soon as they have the negative test result on the same day. The negative test result (to end the quarantine of household members prematurely) must be carried with them until the end of the original quarantine period and only presented to the authority responsible on request.

• If a variant has been detected in a primary case that causes concern (e.g. Omicron currently), self-testing for household members is not possible.

• Your positive rapid antigen 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.

5. 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 for you to contact the health department yourself either.

• 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 FAQs on issues in relation to quarantine and isolation in Baden-Württemberg: https://www.baden-wuerttemberg.de/de/service/aktuelle-infos-zu-corona/fragen-und-antworten-rund-um-corona/faq-quarantaene/
  o Information from the Federal Center for Health Education: https://www.infektionsschutz.de/coronavirus/fragen-und-antworten/quarantaene-und-isolierung/
• If you require a certificate of your quarantine, please contact your local police.