



SARS-CoV-2

Coronaviruses can infect humans and cause various diseases: **from common colds** to **severe infections**, such as MERS or SARS.

SARS-CoV-2 is transmitted from **human to human**. In some cases people have even been infected by others who have had non-specific symptoms.

Experts think that the virus is mainly transmitted by **droplets** when coughing, sneezing or talking.

Key terms

Suspected of being infected: A person who is thought to be infected with pathogens, without being sick, suspected of being sick or a carrier.

Carrier: A person who carries and sheds pathogens and can therefore be a source of infection for others, without being sick or suspected of being sick.

SARS-CoV and **MERS-CoV** have led to major outbreaks in the past.

COVID-19 is the name of the disease caused by the virus SARS-CoV-2.

Quarantine protects you and everyone else from becoming infected by the novel coronavirus. It is the temporary isolation of someone suspected of being infected or who may be carrying or shedding the virus. Quarantine **helps to prevent the spread of the disease**.

Legal provisions

Section 30 of the Infection Protection Act (IfSG) forms the basis for prescribing quarantine.

Anyone employed who experiences a loss of earnings due to prescribed quarantine may have a right to financial compensation. The prescribing authority is the point of contact for this.

Please note: Violation of a prescribed quarantine could result in a fine or imprisonment!

Non-German citizens should inform their embassy about their prescribed quarantine.

Stamp/Contact



Further information

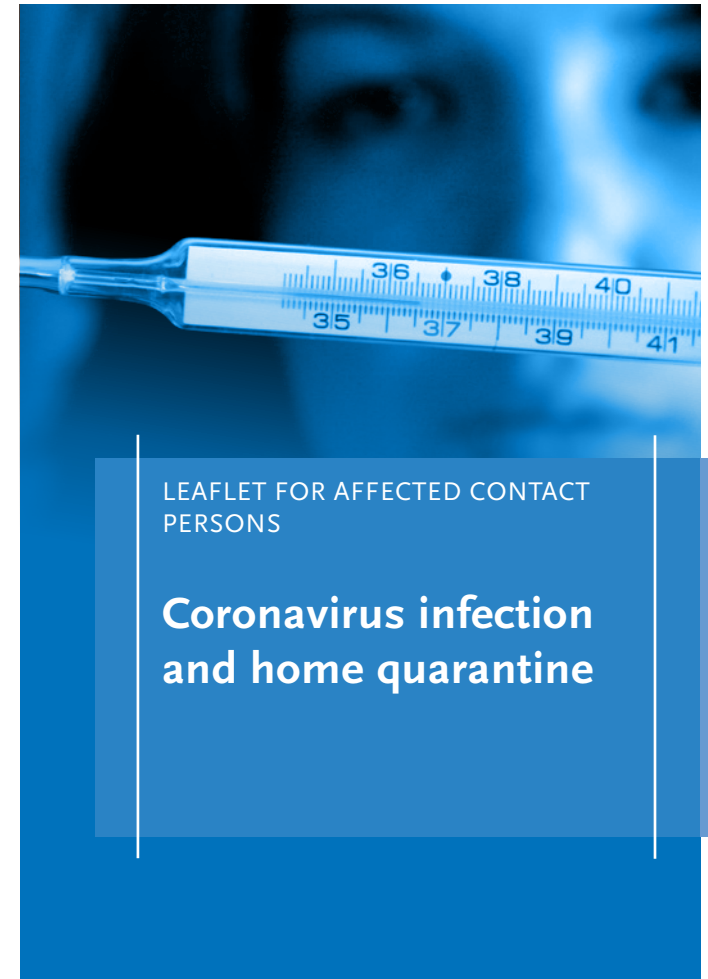


www.rki.de/covid-19



www.infektionsschutz.de

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14 DAYS AT HOME

Stay at home.

Quarantine is important. It protects you and everyone else from infection by the novel coronavirus and helps to prevent the spread of the disease. The measure was prescribed by the responsible authority – generally your local public health authority. They prescribed how long you need to stay in quarantine.

However, the measure does not end automatically, but instead only once it has been lifted by the responsible authority.

You have been identified as someone suspected of being infected, though you are not sick or suspected of being sick.

Quarantine measures are in place for COVID-19, because it can be very serious like other diseases caused by coronaviruses, such as SARS¹ and MERS². However, COVID-19 spreads faster and more easily in the population.

It is very important that you strictly adhere to quarantine and hygiene rules – even if you do not have any symptoms yourself. You will be protecting yourself and others by doing so.

Protective measures: You can protect yourself and others from infection with the novel coronavirus by following guidance on coughing and sneezing, practising good hand hygiene and social distancing.



¹ Severe Acute Respiratory Syndrome

² Middle East Respiratory Syndrome

Seeking support.

Medical Care:

- ▶ Contact your primary care physician or specialist doctor if you urgently need medication or medical treatment for another or existing medical condition.
- ▶ Explain what you need and that you are in quarantine.
- ▶ If you have any medical problems that could affect your compliance with quarantine, then you should notify your local public health authority.



Immediately contact your local public health authority if you feel ill or have the following symptoms: cough, sneezing, infection-related shortness of breath, fever.
www.rki.de/mein-gesundheitsamt



Call the **emergency telephone number (112)** if you experience life-threatening acute diseases, poisoning or severe injuries.
Please note the general recommendations when calling an emergency number and explain that you are in quarantine.

Food supply:

- ▶ Ask family members, friends or neighbours to help you. They can leave food at your front door.
- ▶ You can also receive support from the fire service, the Technisches Hilfswerk (THW) civil protection organisation in Germany or voluntary organisations in your community.



Focus on families.

Home quarantine can be a major challenge for **families with children**, particularly when it comes to support with caring for your children.



- ▶ Try to stay in touch with each other as much as possible.
- ▶ If your children are being socially excluded in nursery school or school following return from quarantine, speak with the teaching staff.

Mental health and wellbeing.

Quarantine can be stressful and it might be harder than usual to maintain good mental health, wellbeing and social relationships. It can include experiencing fears and worries about becoming infected, feelings of exclusion, loneliness, anxiety and sleep disturbances.

- ▶ Even if you are not allowed to have direct contact with people, try to stay in touch with friends and family by phone, internet or other mode of communication.
- ▶ Consider if there is anything else that might also help you in stressful situations.
- ▶ Take advantage of existing phone help organisations, such as Crisis Aid or the Samaritans or similar organisations.
- ▶ Even when you are in home quarantine, look into options for doing sport, such as with an exercise bike or simple exercises without equipment. That way you will stay fit and it may help to reduce negative stress.

