

## Information about quarantine – Covid-19

All quarantine obligations are in force by CoronaTestQuarantäneVerordnung NRW already.

A separate quarantine regulation or written decree by the Health Authorities is not necessary.

The positive PCR test already triggers quarantine. The test certificate documenting the positive PCR test is sufficient as proof to the employer, regulatory agency (Ordnungsamt) etc.

### **General information:**

This information is available in **various languages** on the homepage of Märkischer Kreis:  
<https://www.maerkischer-kreis.de/corona/quarantaene/index.php>

You may find a list of **testing locations for citizens (Bürgerteststellen) in Märkischer Kreis** here: [https://www.maerkischer-kreis.de/corona/schnelltests/info\\_buerger/index.php](https://www.maerkischer-kreis.de/corona/schnelltests/info_buerger/index.php)

All valid **Corona regulations** for NRW can be found here:  
<https://www.mags.nrw/coronavirus-rechtlicheregelungen-nrw>

Further information about **hygiene measures** is listed here:  
[https://www.rki.de/DE/Content/InfAZ/N/Neuartiges\\_Coronavirus/Quarantaene/haeusl-isolierung.html;jsessionid=8A7584F7522A978C8DD6B36FC68825F0.internet051?nn=13490888](https://www.rki.de/DE/Content/InfAZ/N/Neuartiges_Coronavirus/Quarantaene/haeusl-isolierung.html;jsessionid=8A7584F7522A978C8DD6B36FC68825F0.internet051?nn=13490888)

## Quarantine for the infected person

- There are no exceptions for vaccinated/recovered persons.
- **On principle 10 full days**
  - o as counted from the first positive test
  - o the day of the test not counting
  - o in case the PCR test was taken as a control check of a rapid test, quarantine is calculated as from the positive rapid test onwards
  - o at the end of quarantine a test is not necessary. A rapid test is highly recommended, however.
- **Early „testing oneself free“ (Freitestung) possible after 7 days**
  - o Rapid test at certified testing locations for citizens or at a doctor's may take place **no earlier than on the 7th day** of quarantine. Quarantine ends with a negative test, however not before the end of the 7<sup>th</sup> day.

- The test result must be kept available for 14 days, to be presented on demand to the regulatory agency or to the health authorities.
- **Calculation example:**
  - 01.02. positive rapid test, PCR control testing on 02.02., PCR result positive on 03.02.
  - Quarantine is calculated as from 01.02.
  - 10-day-quarantine up until and including 11.02.
  - 7-day-quarantine with a negative rapid test on 08.02.
  - Quarantine can be finished at the end of 08.02. if the test result is negative. A further notification of the health authorities is not necessary.
- To employees at hospitals and in-patient health care institutions stricter regulations for the restart of working apply. **Before going back to work it is absolutely necessary to get in touch with your employer.**
- Should the infected person still be ill after the 10-day-quarantine, there will be no prolongation of quarantine. **Unfitness for work** must generally be testified by a medical certificate issued by a doctor.

## Contact persons

### Quarantine of household members of an infected person

- **On principle 10 full days**
- as counted from the first positive test of the person infected in the household
- at the end of quarantine no test is required
- **Early „testing oneself free“ (Freitestung) possible after 7 days**
  - Rapid test at certified testing locations for citizens or at a doctor's may take place **no earlier than on the 7th day** of quarantine. Quarantine ends with a negative test, however not before the end of the 7<sup>th</sup> day.
  - **For school and nursery school children only:** testing them free is possible no earlier than on the 5<sup>th</sup> day of quarantine. Quarantine ends with a negative test, however not before the end of the 5<sup>th</sup> day.
  - **The health authorities must be informed about the ending of quarantine. Notification must be undertaken using the following online form:**  
<https://formular.kdz-ws.net:443/metaform/Form-Solutions/sid/assistant/61e7ebc80a8ca84a3113d597>
  - The negative test result must be kept available for 14 days, to be presented on demand to the regulatory agency or to the health authorities.
- Calculation example: see above.

**!!! Completely immunised individuals are exempt from the quarantine as contact persons:**

Completely immunised:				
<b>3 jabs (3 jabs necessary with JOHNSON, too)</b>	as from	Immediately after the 3rd jab		no date of expiry
<b>Recovered, then one jab</b>	as from	Immediately after jab		no date of expiry
<b>1 jab, then recovered</b>	as from	28 days after the positive PCR test		no date of expiry
<b>Recovered, but no jab</b>	as from	28 days after the positive PCR test	until	90 days after the positive PCR test
<b>2 jabs (2 jabs necessary with JOHNSON, too)</b>	as from	14 days after the 2nd jab	until	90 Tage after the 2nd jab

- As soon as **symptoms of illness** arise you are obliged to undergo a PCR test at a doctor's.
- Should further individuals belonging to the same household fall ill, the quarantine of uninfected household members is not prolonged. However, the full 10-day-quarantine applies. Testing oneself free after the 7<sup>th</sup> day is no longer possible in that case.

## Contact persons outside the household

- The infected person is obliged to inform people he or she was in close contact with within 2 days before the test.
- Those people are subject to no **quarantine obligation**. For ten days as from the close contact with the infected person they have to
  - o isolate themselves as best as possible
  - o reduce contacts,
  - o if possible work in home office and
  - o observe themselves carefully.

**!!! Completely immunised individuals are exempt from these obligations as contact persons.**

- As soon as **symptoms of illness** arise you are obliged to undergo a PCR test at a doctor's.

**There will be no contacting from the Health Authorities Märkischer Kreis**

For queries we are available under

phone: 02351/966-7270

e-mail: [Covid-19@maerkischer-kreis.de](mailto:Covid-19@maerkischer-kreis.de)

Due to a high frequency of calls you may have to face a longer waiting time at present.

**Many thanks for your co-operation,**

**The Health Authorities Märkischer Kreis**