

## Information on home isolation/quarantine

### Rules of behaviour and hygiene measures

**You are someone in contact with a Covid-19 infected person or you have come from a risk area. For this reason, a home isolation (quarantine) is recommended for you or prescribed by the local health authority.**

In this leaflet you will find advice on which measures to take and how you need to behave. It will also tell you how you can protect your family or other people you come in contact with.

Please observe these rules of conduct carefully.

**Do not** see a doctor or go to the hospital without telephoning them first.

## Further information

You can find further information on the corona virus (Covid-19) illness on the Robert Koch Institute website at

### **www.rki.de**

[https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ\\_Liste.html](https://www.rki.de/SharedDocs/FAQ/NCOV2019/FAQ_Liste.html)

Or on the website of the German Federal Office for Health Education at

### **www.infektionsschutz.de**

<https://www.infektionsschutz.de/coronavirus-2019-ncov.html>

Contact number for health monitoring (for reporting symptoms of illness)

Monday to Friday (during office hours)

Tel. 07222 381-2300 or

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RASTATT



# Home isolation / Quarantine

## Important information

Landratsamt Rastatt  
**Gesundheitsamt**

## Isolation/Quarantine

If home quarantine was prescribed or recommended for you, follow the rules below:

- Strict spatial separation of the contact person from the other members of the household
- Keep in separate areas/rooms (especially when sleeping), using different bathrooms/WCs wherever possible
- Keep strict hygiene if rooms/spaces have to be used together.  
The contact person thoroughly self-disinfects hands before leaving the isolation area/room with a hand disinfectant (with limited virucide or virucide properties)
- Then thoroughly clean the surfaces and objects touched (e.g. door handles, telephone, tables, kitchen work surfaces, WC etc.) with a suitable disinfectant or chlorine cleaner solution.
- Refrain from/avoid any contact with people living in the same house/flat, especially close contact (kissing, hugging, shaking hands etc.)
- **No visits from other people are allowed.**
- **You are not allowed to leave the house/flat even for only a few minutes**
- Any exceptions to this only with permission from the health authority
- The health authority will tell you how long the quarantine is to last

## Hygiene rules

Always observe the following hygiene rules:

### Hand hygiene

Wash your hands regularly and thoroughly with soap, especially after going to the toilet, coughing, sneezing and before eating. Use a limited virucide or virucide hand disinfectant.

### Coughing and sneezing

Never sneeze "into the air" or into the palm of your hand. Use the crook of your elbow or a paper handkerchief.  
Dispose of paper handkerchiefs after each use, in a bin lined with a plastic bag and with a lid, in the isolation room. Then always wash or disinfect your hands.

### Surface cleaning

You can disinfect/clean surfaces and door handles with a surface disinfectant with 70% alcohol or a solution of 1l water and 20ml chlorine cleaner.  
Follow the product instructions.

### Keeping your distance

Keep your distance from other people. This is your best protection against infection. Do not shake hands, embrace or kiss.

### Other advice

Frequently change towels and cloths. Wash your washing at 60°C at least, even better at 90°C. Regularly air all rooms. Clean any used crockery at 60°C at least in the dishwasher.

## Health monitoring

Health monitoring – what's that?

Your local health authority will monitor the state of your health during the quarantine period.

As a rule that is 14 days after contact with the infected person.

Check your state of health every day.

Report immediately when one of the following symptoms appear:

- Coughing
- Sneezing or runny nose
- Sore throat
- Difficulty breathing
- Hoarseness
- Headache
- Stomach ache, diarrhoea, vomiting
- Joint or muscle ache
- Exhaustion/Feeling sick
- Fever, raised temperature
- Sweating, chills

Even if you don't have any complaints, report to the health authority on the last day of the quarantine, either by email or phone.