



MY SELF-TEST IS POSITIVE – WHAT DO I DO NEXT?

Dear Citizens,

You have done a self-test (without supervision of trained persons) for the Corona virus SARS-CoV-2 and your test result is positive.

Please find information below what you should observe in the case of a positive test result.

1. Have a PCR test done

- If the self-test result is positive, you are **obliged** - pursuant to the Corona virus isolation act - **to have the result immediately verified by a more reliable PCR test.**
- Make an appointment for a PCR test, either directly at your test centre, at a practice focusing on Corona or on-line at the Corona test centre Wasen:
corona-testzentrum-wasen.de.
- Inform the test site in advance about your positive self-test.
- You are allowed to break domestic quarantine to have the PCR test done. Precautions (AHA+L; **A**bstand halten (keeping distance), **H**and hygiene, **a**llgemeine Maskenpflicht (general obligation to wear a mask, **L**üften (airing)) must be observed and if, possible, do not use public transport.

2. Isolate yourself (“Quarantine”)

- It is recommended to isolate yourself at home on a voluntary basis until the PCR test result is verified and to avoid contacts as far as possible.
- There is an obligation to isolate yourself only from the date a positive PCR test result is available. And only then is a claim for compensation possible pursuant to section 56 of the Infection Protection Law (IfSG).
- Please observe all necessary hygiene rules (AHA+L).
- It can be that you are contagious even if you do not have any symptoms. In many cases, Corona virus infections are asymptomatic.
- Wear a mask when you have contact to other members of your household. Air all rooms of the apartment on a regular basis. Avoid direct contact to other members of your household. If possible, stay in your own room – even during meals.

3. Inform your household members

- Inform all your household members as soon as possible that your test result is positive and avoid direct contact.
- A positive self-test alone does not oblige your household members to isolate themselves.
- If you or members of your household develop symptoms or the latter worsen, call your family doctor or the emergency service (116117). Household members should do a test – even with mild symptoms.

4. In the case of a positive PCR test

- If your PCR test result is positive, please send an empty e-mail to covid-positiv@stuttgart.de and follow the instructions.
- Upon receipt of notification of a **positive PCR test result**, the health department will contact you. It is not necessary to contact the health department personally.
- The health department will provide you with access data to an on-line platform where you can enter your close contacts and your symptoms. You can also draw up a list of your contacts. It is important for the classification that two days before the first symptoms occurred or before your positive test result you may already have been potentially contagious.
- The health or public order department of the town hall will contact close contacts. These persons will have to isolate after being informed by the authority.
- As a follow-up, you, your household members and close contacts will receive a certificate of your isolation from the authority. This may take a few days.
- The isolation will end (at the earliest) 14 days following a positive self-test result or the time you showed the first symptoms, whichever came first. Moreover, you have to be symptom-free for at least 48 hours (except for difficulties with the sense of smell or taste).