



MY RAPID TEST IS POSITIVE – WHAT DO I DO NEXT?

Dear Citizens,

You have done a rapid antigen test for the SARS-CoV-2 Corona virus and your test result was positive. This includes antigen tests done or supervised by a trained third party. Self-tests done alone and not supervised by a third party are not covered.

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

1. Isolate yourself (“Quarantine”)

- If your antigen test result was positive, you are automatically subject to immediate isolation. Please go to your place of residence directly and without any detours. If possible, do not use public transport!
- Please observe all necessary hygiene rules (AHA+L; **A**bstand halten (keeping distance), **H**and hygiene, **a**llgemeine Maskenpflicht (general obligation to wear a mask, **L**üften (airing)).
- It can be that you are contagious even if you do not have any symptoms. In many cases, Corona virus infections are asymptomatic.
- Do not leave your apartment or house unless it is a medical or other emergency. If you have a garden or balcony, you can stay there alone.
- Avoid direct contact to other members of your household. If possible, stay in your own room – even during meals.
- Wear a mask when you have contact to other members of your household. Air all rooms of the apartment on a regular basis.
- The isolation will end (at the earliest) 14 days after the positive rapid test result or 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).

2. Inform your household members

- Inform all your household members as soon as possible that your test result is positive.
- Your household members must also go into quarantine immediately when they hear of your positive result, unless it has been verified that they have been down with COVID-19 within the last six months or have been fully vaccinated and have not been otherwise instructed by a competent authority.
- All of your household members are not allowed to leave the apartment or house except for medical or other emergencies.
- The quarantine for your household members will end 14 days after your test result or the time you showed the first symptoms (whichever came first), unless your household members develop symptoms themselves and/or are tested positive.

- You and your household members may not entertain guests.
- If you or members of your household develop symptoms or the latter worsen, call your family doctor or the emergency service (116117).

3. Do a PCR test

- For clarification, you should have the rapid test result 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.
- **You are entitled to have a PCR test done by presenting the test certificate with the swab result.**
- You are allowed to interrupt domestic quarantine to have the PCR test done. Precautions (AHA+L) must be observed and if, possible, do not use public transport
- Stay at home in self-isolation. A negative PCR test result will automatically end the self-isolation of you and your household members.

4. In 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 have been already potentially contagious.
- After the interview, the health or public order department will contact the persons then classified as close contacts – you do not have to contact them yourself! Only after being informed by the authority these persons will have to isolate.
- 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.