

Info sheet on self-isolation in Saxony

Version: November 2021

What should you do¹ if you suspect you have been infected with Coronavirus SARS-CoV-2, if you have tested positive or if you are a close contact?

1. IN THE EVENT OF SUSPECTED INFECTION

Did your (unsupervised) self-test yield a positive result or do you have COVID-19 symptoms and have taken a PCR test?

- You need to stay home (i.e. self-isolate).
- You may only leave your home or accommodation if you need medical assistance (advise the doctor's surgery that you suspect you have COVID-19).
- If you live with other people, avoid them as much as possible.
- You are not permitted to have any visitors who do not live with you.
- Please inform your employer that you suspect you might have COVID-19.

If your PCR test is negative, your self-isolation period ends immediately. Keep this negative test result. If your PCR test result is positive, you must continue your self-isolation (see Section 2: Positive test result).

2. IN THE EVENT OF A POSITIVE TEST RESULT:

- You need to stay home for at least 14 days (i.e. self-isolate) If you still have symptoms after this period, the self-isolation is extended.
- You may only leave the house to visit a doctor.
- If you live with other people and have had close contact with them in the two days prior, you need to immediately tell them you have tested positive, and that they, too, must stay home (see Section: 3. Contacts).
- Advise everyone else (including vaccinated and recovered persons) you have had contact with in the two days prior to your test or symptoms. These should all get tested on the 4th or 5th day after having contact with you. This is done at a testing centre.
- Avoid being close to people in your household, so as to avoid infecting them.
- Advise your employer or, if applicable, school.
- Enable the Corona-Warn-App and share your test result.
- If you are fully vaccinated and have no symptoms, you can take a PCR test on day 5 or a rapid antigen test at a testing centre on day 7. If this test is negative, you no longer need to self-isolate. Keep the test result in case the health authorities need to see it.

3. IN THE EVENT OF HAVING HAD CONTACT WITH A POSITIVE CASE:

- If you live with someone who has tested positive, you are deemed a contact (household member). You need to stay home (self-isolate) if you are not fully vaccinated or recovered from previous infection.
- Your self-isolation period begins on the day after the contact, and ends 10 days later if you have not tested positive yourself or developed symptoms by that time.
- Advise your employer or, if applicable, school. For proof, you can use the health authorities' information sent to the positive case you live with.
- You may only leave the house to visit a doctor or to get tested.
- You can take a PCR test or rapid antigen test on day 7 to end your self-isolation period early. This is done at a testing centre. Keep the test result in case the health authorities need to see it.
- Anyone who has had contact with a positive case (including receiving a warning via the Corona-Warn-App) and has not self-isolated should get tested on the 4th or 5th day post-contact, and minimise contact with people for that time.

More info is available here: Website of your district or independent municipality and <http://www.coronavirus.sachsen.de>.

Your co-operation is very important in ensuring we can work together to stop the pandemic.

¹ In accordance with the general decree on self-isolation for close contacts, suspected cases and positive COVID-19 issued by your district or independent municipality in Saxony – see relevant internet portal.