

CORONAVIRUS (SARS-CoV-2)

Domestic quarantine / isolation at COVID-19

The new coronavirus is also increasingly developing in Steinfurt district. Health and regulatory authorities are taking comprehensive measures to delay the further spread of the disease, as this is the only way in which the health system can adapt to the new situation and thus to minimize the effects of the epidemic on people with pre-existing or weakened immune systems.

In order to achieve this goal, we urgently need your cooperation!

In order to achieve the target, measures of infection protection such as segregation by domestic isolation of infected/sick persons and domestic quarantine of suspects of disease /infectious suspect.

The domestic quarantine means that the citizen

- must not leave his own apartment
- where possible, contacts with other persons are avoided
- avoid physical contact in case of illness, such as shaking hands, hugging, kissing, etc.
In your household, you should, if possible, observe a temporal and spatial separation from the other members of the household.
- A time separation can take place, for example, by the fact that the meals are not taken together, but one after the other.,
spatial separation can be done, for example, by staying in a different room from the other household members.
- Keep your distance from others while coughing and sneezing and turn away; hold the arm bend in front of your mouth and nose or use a handkerchief, that you dispose immediately. Wash your hands thoroughly with water and soap and avoid touching the eyes, nose and mouth.
- Ventilate closed rooms three to four times a day for ten minutes each. This reduces the number of viruses in the air and prevents the oral and nasal mucous membranes from drying out.
- Household items (dishes, laundry, etc.) do not share with third parties without washing them as usual.

- **Pay attention to possible signs of illness**, especially cold symptoms and fever. In this case, please contact your Family doctor by phone first. In urgent cases with life-threatening development, seek help under the Telephone number 112. please indicate the (possible) connection with COVID-19.

For your own care, we recommend that you ask someone from your family or friends to run errands for you. If this is not possible, please contact your local authority's regulatory office.

Employees will continue to receive their salary from the employer when quarantine is ordered. The employer may have the costs reimbursed.

Whether a test for the Corona virus makes sense is usually decided by the family doctor, this may be the case during the free of talk hours. call emergency service number 116117. As usually, testing is only useful for symptomatic persons.

End of quarantine/isolation

Healthy persons who have only had contact with a proven case of the disease, the quarantine ends 14 days after the last contact with the COVID-19 sufferer.

In the case of people suffering from COVID-19, the health authority decides when the isolation will end. This can be done at the earliest 10 days after the onset of the disease and in the presence of further infectious conditions.

Persons who are to stay at home as a precautionary measure and on a voluntary basis or whose school or establishment has been closed as a precautionary measure without their own contact to a proven case of illness are not affected by the quarantine ordered. You can move freely in compliance with the general hygiene recommendations.

Keeping a diary, calls by the staff of the district Steinfurt

Persons with close contact with a patient are sent to further Measures requested (such as twice a day fever measurement and writing down the condition in a diary provided by the district) employees regularly call these contact persons to ask about their condition.

For contact to the Steinfurt Health Office, please use the **Hotline: 02551/ 69-2825**.

More information can be found at: www.kreis-steinfurt.de or www.rki.de

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