



DOMESTIC QUARANTINE/ ISOLATION WITH COVID-19

C O R O N A V I R U S (S A R S - C O V - 2)

Cases of illness as a result of the new Coronavirus are still occurring in the District of Steinfurt. The health and public order authorities are still making undiminished extensive efforts to delay a further propagation of the illness, as this is the only way in which the health system can avoid overstraining itself and thus minimise the effects of the pandemic on the groups of people at particular risk.

TO ACHIEVE THIS OBJECTIVE, WE STILL URGENTLY NEED YOUR COOPERATION!

Above all measures of infection protection such as separation by domestic isolation of the infected/ill and domestic quarantine as well as so-called swab tests for the pathogen in those with a suspicion of the illness/contagion serve to achieve the objective.

DOMESTIC QUARANTINE/ISOLATION MEANS THAT THE CITIZENS

- > may **not leave their own residence (urgent exceptions are regulated by the public order decrees of the local public order authority)**
- > as far as possible have to **avoid contacts to other persons**
- > have to **do without physical contact such as shaking hands, embracing, kissing etc.**

IN ADDITION:

- > In your household, you are to comply with a **temporal and physical separation from the other members of the household** as far as possible. Temporal separation can be achieved, for example, by meals not being taken together, but in succession. A physical separation can be achieved, for example, by you being in a room other than the one where the other members of the household are.
- > **When coughing and sneezing**, keep a **distance** from others and turn away; hold the bend of your arm in front of your mouth and nose or use a disposable handkerchief, which you throw away immediately. Regularly wash your hands thoroughly with soap and water and avoid touching your eyes, nose and mouth.
- > **Ventilate closed rooms** three to four times a day for at least ten minutes. In this way, the number of viruses in the air is reduced and drying of the mucous membranes in the mouth and nose is prevented.

- > Do not pass on / share **household articles** (crockery, clothing etc.) **to or with third parties** without washing/cleaning them with cleaning agents beforehand.
- > **Pay attention to possible signs of the illness**, above all symptoms of a cold such as coughing, sniffing, loss of taste/smell and fever.

Persons in quarantine/in isolation who get such illness symptoms should please contact the telephone number 02551 69-7100, in order to report the symptoms to the Public Health Office (Gesundheitsamt) and to get advice on the further procedure (e.g. swab test for SARS-CoV-2). If a swab test is positive and you are thus suffering from COVID-19, you must take further measures (e.g. take your temperature twice a day and daily recording of your own state of health „(keeping a diary file is available for downloading under www.kreis-steinfurt.de/corona)“). If medical treatment is necessary, please get in touch with your GP first. In urgent cases with a (subjectively) possibly life-threatening development, please get help under the telephone number 112. In any case, please mention the (possible) connection with COVID-19.

- > For your own supply with goods of everyday requirement, we recommend that you ask a **person from your family or friends to go shopping for you**. If this is not possible, please contact the public order authority in your borough.
- > Employees continue to receive their payments from their employers **if the quarantine has been ordered by the authorities**. The employer can have the costs reimbursed.
- > If you feel mentally strained, the pastoral hotline under **02551 69-2830** is available to you.

END OF QUARANTINE/ISOLATION

Persons who had contact to a proven case of illness with COVID-19 and are thus under quarantine are given further information and swab test appointments according to the criteria of the Robert Koch Institute (RKI) by the Gesundheitsamt. If the people concerned always remain free of symptoms during the quarantine and the tests are negative, the quarantine ends as described in the public order decree of the local public order authority.

The Gesundheitsamt decides when isolation of people suffering from COVID-19 ends. For this, the persons are contacted on the phone by members of the crisis team of the District of Steinfurt before the calculated end of the isolation.

For contact to the Steinfurt Gesundheitsamt, please use the **hotline 02551 69-7100**. You will find much useful information under: www.kreis-steinfurt.de or www.rki.de

Let us encounter the new Coronavirus with care, respect and circumspection - and in this way reduce the propagation speed of the Coronavirus and in particular protect risk groups!