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Tips for the time spent in domestic quarantine or isolation

Information and recommendations for a challenging time

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What is domestic quarantine or isolation?

Quarantine or isolation should ideally prevent the SARS-CoV-2 coronavirus from being transmitted.

Quarantine affects people who **may** have been infected. If you are vaccinated or have recovered, you may be exempt from the [quarantine obligations](#) under specific conditions.

People who have **shown** to be infected with the coronavirus go into **isolation**.

However, many rules for quarantine and isolation are currently similar, and in everyday use, there is often talk of quarantine, even if isolation is what is actually meant.

Please consult the local press or the Internet to find out which specific regulations are currently in force in your city or district. There are regulations from the local public health offices as to who has to go into quarantine or isolation and for how long and when the quarantine or isolation can be ended by providing a negative test, where applicable.



Further information can be found at:

[www.infektionsschutz.de/
coronavirus/fragen-und-antworten/
quarantaene-und-isolierung/](http://www.infektionsschutz.de/coronavirus/fragen-und-antworten/quarantaene-und-isolierung/)



Important: You have been infected with the coronavirus? Then inform all the people with whom you were in contact in the **two days** before the onset of symptoms or before your positive coronavirus test as soon as possible. A [contact diary](#) and [coronavirus warning app](#) can help you.

What do I need to take into account during quarantine or isolation?

While in domestic quarantine or isolation, certain **rules** apply to you:

- Do **not** leave your home.
- Do **not** receive any visitors.
- Monitor your [health status](#). Keep a diary of any symptoms that may occur.

In order to prevent the spread of the coronavirus, you and all household members should also observe various [rules of conduct and hygiene measures](#):

- Stay [as far away](#) from each other as possible.
- If possible, stay in different rooms and use rooms separately for meals, for example.
- If you need to be in a room at the same time, wear [masks](#) **if possible**.
- [Ventilate](#) rooms regularly and thoroughly.
- Cough or sneeze into the crook of your arm and wash your hands regularly.

What should I do if signs of illness appear or become more severe?

If you develop symptoms during **domestic quarantine**, call your doctor's surgery or the medical on-call service on the telephone number [116 117](tel:116117). These contact points provide information about what further action needs to be taken, such as testing for SARS-CoV-2. The coronavirus typically causes cold symptoms, such as a cough, runny nose, fever, breathing difficulties or headache. Take these symptoms seriously, even if they may be mild.

If you develop symptoms or they become more severe during **domestic isolation** and you need medical attention, call your doctor's surgery or the medical on-call service on the telephone number **116 117**.

If you **need medical attention because of any** other condition, call your doctor's surgery or the medical on-call service on the telephone number **116 117**. During the telephone call, make sure you mention that you are in domestic quarantine or isolation.

In emergencies, for example in the case of respiratory distress, call the emergency number **112**.

Where can I find support for day-to-day care?

Ask family members, friends, or neighbours to get food, medicine and other necessities for you and to assist you. It is best to get your shopping, parcels and other deliveries left at your door. However, if you have to open your door, then you must wear a mask.

Do not hesitate to seek assistance in coping with everyday life. Cities and municipalities offer telephone advice and provide voluntary support. Find out more about this on your city's or community's website.



Further tips for families:

<https://familienportal.de/familienportal/familienleistungen/corona/informationen-eltern>



Additional tips to weather the challenging time:

- An organised daily schedule can be helpful, for example, regular meal times and sleeping times.
- Exercise is also possible and important at home, provided your health status allows it. On the Internet, you will find suggestions for keep-fit activities or relaxation exercises, for example.
- Conversations with friends and relatives are important for mental health. Stay in touch with family and friends, for example, via the telephone and other media.
- Quarantine or isolation can be stressful. Therefore do not be afraid to use advisory services, such as the [telephone counselling service](#) or other crisis services at an early stage if necessary.

How can I manage quarantine or isolation with children?

- Explain the situation to your child and take any fears and worries seriously. This way, the child can better accept the unusual restrictions.
- A set daily schedule can be helpful for children and adults. This can include fixed times at which everyone eats or plays together.
- Make sure that children and young people use age-appropriate media and also spend sufficient time with no TV, computer or smartphone. Tips for everyday activities can also be found at [kindergesundheit-info.de](https://www.kindergesundheit-info.de).
- Allow your child to stay in touch with friends and family via the telephone or Internet. This can make the temporary separation easier.
- Make sure that your child gets enough exercise if their health status permits it. On the Internet, you will find suggestions for keeping active and for child-friendly, fun activities at home, or in your own garden if you have one.
- In many places, [hotlines](#) have been set up to provide advice on questions concerning family life.

What should I do if I am a contact person who is exempt from the quarantine obligations?

If you have had close contact with a person who has tested positive or if you live in a household with a sick person, for example, you usually have to quarantine.

If you are vaccinated or have recovered, you may be exempt from the [quarantine obligations](#) in certain cases.

However, if you are exempt from quarantining, you should still follow certain rules of conduct:

- Meet as few people as possible!

- Avoid contact with people who are particularly at risk. These are people who are at high risk of severe illness from COVID-19 and cannot be vaccinated themselves or are unlikely to develop adequate protection, such as elderly people.

- Take a [coronavirus test](#) before meeting other people.

- Monitor your [health status](#) closely.

- If you develop symptoms, isolate and immediately contact your doctor's surgery or the medical on-call service on the telephone number [116 117](#).

- In addition, observe the [Hands – Face – Space rule](#): Keep your distance, practise good hygiene, wear a mask, ventilate rooms and use the Coronavirus Track and Trace app.

Do you have any questions? Other BZgA services:



0800 232 27 83
BZgA free telephone advice



[facebook.com/bzga.de](https://www.facebook.com/bzga.de)



<https://www.infektionsschutz.de/coronavirus/fragen-und-antworten/quarantaene-und-isolierung/>

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