

Quarantine information

Currently, all persons who have tested positive for the new coronavirus (SARS-CoV-2) or who have had close contact with such a person (e.g. living together in the same household) must be placed in quarantine.

The quarantine serves as protection against further spreading of the virus. It usually lasts 10 days, as that is the time between infection and outbreak of the disease.

During quarantine:

- Don't leave your apartment.
- The only exceptions are the way to a corona test site or possibly to a doctor's practice.
- Don't receive any visitors.
- If a visit cannot be avoided, the distance between the persons should be 1.5 m and both you and your visitor should wear a mask.
- If you yourself have tested positive, you should also keep to yourself within the family, i.e. stay in your own room and do not eat meals etc. with the others.
- Ventilate all rooms regularly and thoroughly.
- Observe the rules of hygiene: no physical contact with others, wash your hands frequently and thoroughly (at least 20-30 seconds), do not share towels etc. Sneeze into the crook of your arm or into a disposable handkerchief.
- Observe yourself with regard to signs of illness of all kinds.
- If you feel ill, call your general practitioner (Please do not go to a doctor's office without prior arrangement by telephone) and discuss with him/her how to proceed. If your state of health deteriorates dramatically, dial 112 and tell them that you are in quarantine because of corona; then the emergency services can protect themselves with the right protective clothing.

If you have any questions, please call the citizen's telephone (Bürgertelefon) of the Heinsberg health office from Monday to Friday 9 - 12.30 o'clock at 02452 / 131313.