

# CORONA-TEST POSITIVE: WHAT HAPPENS NEXT

The City of Göttingen provides ample [information](#) for those infected with the novel coronavirus. As this information is only available in German, our handout summarizes information relevant for members of the university in particular.

## POSITIVE RAPID OR SELF-TEST RESULT

Test stations or medical offices report positive rapid tests directly to the municipal health authority. Affected persons will receive a letter via postal mail within the following couple of days, which contains a personal ID and further information.

## RULES AND RECOMMENDATIONS IN CASE OF CONFIRMED INFECTION WITH THE NOVEL CORONAVIRUS

In case of a positive self-test, health authorities are not informed automatically. Affected people do not have to report the results to the health authority themselves. Nonetheless, the following rules and regulations apply:

1. In the event of a positive test result, a **quarantine of 10 days** applies. People have to stay in their living quarters. This also applies to fully vaccinated people, people who have received a booster vaccination, or have recovered from a previous infection. Affected people are **not allowed to leave their apartment** without an express permission of the health authority. Exemptions are medical emergencies or the procedure for the PCR-test or rapid test for reducing the duration of the isolation. In those cases, wearing a FFP2-mask is mandatory and it is *not* allowed to use public transport. If the apartment is part of an apartment building it is not permitted to use the hallway, go to the mailbox, garden, etc.
2. A **PCR-test (laboratory test)** is **mandatory**. For the test, affected people should contact a general practitioner or take the test at [an authorized test center](#). Municipal health authorities do not offer tests themselves.
3. Affected people should inform their **contact persons** about their test result. Contact persons are advised to test themselves regularly during the following days, to follow

the safety and hygiene regulations as well as reducing their contacts. Further information for contact persons can be found below.

4. Even at home, affected people should follow the safety and hygiene measures strictly (**distance, mask, hand hygiene, ventilation**) strictly.
5. Affected persons are not allowed to have **visitors** who are not part of their household. People who visit for medical supply or necessary care are exempt from this rule. In these cases, a primary information of the visitors about the infection is necessary.

## ONCE THE RESULT OF THE PCR-TEST IS AVAILABLE

Mandatory self-isolation ends if the **PCR-test** result is **negative**. Affected people should inform their contact persons about the negative test result. Those with a personal ID inform municipal health authorities about the negative test result via [goe.de/nwe](https://www.goe.de/nwe) (not additionally via postal mail). For those without a personal ID, communication with health authorities is not necessary.

In the event of a **[positive PCR test](#) result**, the health authorities will be informed automatically. Affected persons will receive a letter via postal mail within the following couple of days, which contains a personal ID and further information.

1. A mandatory **quarantine of 10 days** applies. Affected people have to self-isolate in their living quarters. This also applies to fully vaccinated people, people who have received a booster vaccination, or have recovered from a previous infection. Affected people are not allowed to leave their apartment without express permission by the health authority. Exemptions are made for medical emergencies or taking PCR tests. In those cases, wearing a FFP2-mask is mandatory. It is *not* allowed to use public transport. If the apartment is part of an apartment building it is not permitted to use the hallway, go to the mailbox, garden, etc.
2. The **form [goe.de/fe](https://www.goe.de/fe) has to be completed**. The form asks for symptoms, risk factors, contact persons etc., and also asks for the personal ID received via postal mail.
3. Affected people should **inform their contact persons** about their test result. Contact persons are advised to test themselves regularly during the following days, to follow safety and hygiene regulations strictly and to reduce their contacts. Further information for contact persons can be found further below.
4. Even at home, affected persons should follow **safety and hygiene measures** (distance, mask, hand hygiene, ventilation) strictly.

5. Affected persons are **not allowed to have visitors** who are not part of their household. People who visit for medical supply or necessary care are exempt from this rule. In such cases, visitors are to be informed about the infection.

**Isolation ends without further notice from the health authorities 48 hours after symptoms have subsided, but not before 10 days in isolation have passed.**

## **EARLY TERMINATION OF ISOLATION**

Isolation ends on the 7<sup>th</sup> day at the earliest in case no symptoms were shown for at least 48 hours and a PCR test or rapid antigen test comes back negative. To end isolation early, test results must be submitted via [goe.de/nwe](https://goe.de/nwe) (not additionally via postal mail). The personal ID sent via postal mail earlier is necessary for this step. Once the negative test result is submitted, isolation ends without further notice from the health authorities.

## **CONTACT PERSONS**

Contact persons are those who have been in contact with a confirmed case of infection from two days before symptoms were shown or a corona test came back positive.

“Contact” is defined as

- living together,
- contact for more than 10 minutes at a distance of less than 1.5 meters without both parties wearing FFP2 or surgical masks continuously and correctly,
- having had a conversation at a distance of less than 1.5 meters without both parties wearing FFP2 or surgical masks continuously and correctly, or
- spending longer than 10 minutes in a poorly ventilated room, even if an FFP2 or surgical mask was worn continuously and correctly.

All persons falling under these definitions have to be named via [goe.de/fe](https://goe.de/fe). Contact persons have to self-isolate for 10 days. This does not apply to contact persons who have been fully vaccinated, have received a booster vaccination or recovered from a previous infection less than 3 months ago. However, these persons are advised to take tests regularly, to thoroughly adhere to infection prevention measures and to reduce contacts.

Health authorities get in touch with reported contact persons via postal mail. Since mail can take a few days to arrive, contact persons should be informed directly.

## FURTHER INFORMATION AND CONTACTS

The **University of Göttingen** also provides information for infected persons and contacts on its [website](#).

**Corona-Hotline** (municipal health authorities, no medical advice)

Tel. 0551 400 3500

Email [corona@goettingen.de](mailto:corona@goettingen.de)

mondays to Fridays from 8.30 am to 06.00 pm, Saturdays from 10.00 am to 04.00 pm.

**General Medical Hotline** (medical advice)

Tel. 116 117

**Emergency** (in case of acute respiratory distress or other grave symptoms)

Tel. 112