

INFORMATION

Corona / COVID19 Home Isolation (Quarantine)



English

People in Saarbrücken who have been directed by the Regional Public Health Authority (Gesundheitsamt des Regionalverbands) to home quarantine will receive a written letter from the Saarbrücken Municipal Office of Public Order (Ordnungsamt der Landeshauptstadt Saarbrücken) with the following heading:

Directive to isolate by way of so-called home quarantine according to the regulations explicated in Paragraph 30, Passage 1, Line 2 of the Federal Infection Prevention Act *Anordnung der Absonderung in sogenannte häuslicher Quarantäne gemäß § 30 Abs. 1 Satz 2 Infektionsschutzgesetz (IfSG)*

We have summarized and translated the most important information from this directive in this informational leaflet.

Home Isolation

You were determined to have a COVID-19 illness or you had contact with an infected person. For this reason, the Public Health Authority has directed you to go into home isolation for a certain period of time. This information was given to you over the phone. Normally the time period is 10 days following the time when the laboratory received your medical test sample. For those who tested positive the time period is typically 10 days starting when you first had symptoms, for close contacts it is 14 days. The letter from the Public Health Authority contains guidelines and legal information, which is also summarized here. Please send a copy of this quarantine notice (Quarantänebescheid) to your employer, so that he or she is informed and able to formally request financial compensation during your absence. These precautionary measures are necessary to avoid the further spread of the virus.

During quarantine, you are not allowed to leave your home.

You are not allowed to receive guests who do not live in your household.

The Public Health Authority will oversee whether or not you comply with these regulations. You are required to comply with the directives of the Public Health Authority, to answer any questions and to allow examinations.

Here is what you must do:

Personal measures and checks

- Measure your body temperature in the morning and in the evening
- Keep a written record on a daily basis of any symptoms such as fever, coughing, loss of taste or smell
- Document contact you had with anyone, as well as anything you did, prior to your quarantine

Distance

- Avoid contact with others in your household as much as possible. When contact is necessary, keep a large distance (at least 1.5 – 2 meters)
- Coordinate when you use certain spaces, so that you stay separate from other members of your household: do not eat together, do not spend more time than necessary in one room with other members of your household

Hygiene and Cleanliness (this also applies to other members of your household)

- Cough and sneeze into your elbow. Keep your distance. Turn away! Use disposable, paper tissues and throw them directly into a covered waste bin after usage.
- Wash your hands regularly for at least 30 seconds with water and soap, especially:
 - Before and after contact with others
 - While preparing meals
 - After using the toilet
 - After each contact with the sick person
 - Use skin-friendly hand-sanitizer periodically
 - Use hand-sanitizer labelled as antibacterial: „begrenzt viruzid“, „begrenzt viruzid PLUS“ or „viruzid“.
- Avoid touching your eyes, nose or mouth. Do not shake hands.
- Clean surfaces such as nightstands, bedframes, smartphones and tablets at least once a day
- Clean bathroom and toilet several times a day with a sanitizing cleaning solution.
- Wash clothing of ill persons with at least 60 degrees Celcius.
- Waste from ill persons should be kept in covered containers and disposed of in the „Restmüll“ using a tied waste sack.
- Ill persons should use different hand towels from non-ill persons.

Your health condition

- Speak with your doctor if your health condition becomes worse.
- If you call the emergency medical services (Notdienst), be sure to mention your condition.

Members of your household and their health condition

Members of your household may have also been directed by the Public Health Office to go into home quarantine. If members of your household develop symptoms of illness, they must:

- Inform their doctor and make an appointment to be tested
- Present the letter from the Public Health Office

Contacting the Public Health Office (Gesundheitsamt)

The Public Health Office (Gesundheitsamt) will contact you about your health condition at the end of your quarantine period. If you experience any symptoms prior, you must inform the Public Health Office.

You can reach the Public Health Office by telephone at: +49 681 506-5305 or via Email at: gesundheitsamt@rvsbr.de.

Further Information

- **Loss of income:** Has quarantine resulted in a loss of income for you? You may formally request compensation. Information and forms are available here: <https://ifsg-online.de/index.html>
- **Doctors' appointments:** You are allowed to attend urgent doctor's appointments or undergo medical procedures like chemotherapy or dialysis, if the doctor in charge issues written confirmation. You must comply with certain precautionary measures while travelling to your treatment. You are not allowed to use public transportation. Wear an FFP2 mask without a filter. Be ready to present your quarantine document if asked.
- **Corona tests for contact persons WITHOUT symptoms:** at the beginning and at the end of quarantine at the central testing center (Testzentrale) at the Saarbrücken Messegelände. This is only possible with an official appointment via testzentrum.saarland.de. While travelling to the testing center, you may disregard your quarantine. Please send a brief Email to ordnungsamt@saarbruecken.de to notify the authorities.

Your quarantine ends automatically if you have no symptoms for at least 48 hours. If not, the quarantine will be extended once for another 4 days. If you are still ill and unable to work after this extension period, request written confirmation of illness from your doctor.

Penalty Fees

If you do not comply with home quarantine directives and leave your home without the express permission of the Public Health Office or the city of Saarbrücken Public Police Authority, you will be fined with a penalty fee of 500 Euros.

Your Rights

At the end of the written letter of quarantine you received from the Saarbrücken Municipal Office of Public Order (Ordnungsamt), you will find a section outlining your rights of legal appeal - „Rechtsbehelfsbelehrung“. This states:

- That you may present the city of Saarbrücken with a formal objection to this directive within one month of notification
- That this objection does not imply legal suspension of the directive therein
- That you may formally request legal suspension through the Administrative Court (Verwaltungsgericht) in Saarlouis.

This text is an English translation of a legal text originally written in German legalese. German law states that translations do not hold force of law. The basis for any legal action is the original German legal text.

Legal Notice / Impressum

Published by / Herausgeberin Landeshauptstadt Saarbrücken

Edited by / Redaktion Zuwanderungs- und Integrationsbüro, in Zusammenarbeit mit dem Regionalverband Saarbrücken

Published on / Erscheinungsdatum 19.11.2020

Contact / Kontakt: Telefon +49 681 905-1559, zib@saarbruecken.de

More information regarding Corona in different languages / Mehr Informationen zu Corona in verschiedenen Sprachen:
www.saarbruecken.de/corona