

**COVID-19 positive or contact person 1**

Dear Sir/Madam,

You are informed in the attached notice that you have either been tested as positive for the COVID-19 virus or have been categorised by the health authority as a high-risk contact person (contact person 1) regarding COVID-19 due to a suspicion of infection.

**In both cases, the following restrictions apply to you for the stated period:**

1. You may not leave the place of residence stated to the authorities within the given period.
2. Contact with other people must be avoided.
3. Any medical visits may only be carried out upon prior appointment by telephone, indicating a (possible) COVID-19 infection.
4. Your state of health must be monitored and the following should be entered into a diary:
  - a. Results of temperature measurement twice a day
  - b. Airway symptoms (sore throat, coughing, shortness of breath)
  - c. List of the persons with whom you have conversational contact for longer than 15 minutes.
5. The telephone healthcare line (1450), emergency services (144) or general practitioner must be contacted immediately and informed about the COVID-19 infection if you
  - a. start to feel ill
  - b. develop symptoms such as fever, coughing, sore throat, shortness of breath, other respiratory symptoms, symptoms of a flu-like infection, as well as nausea and diarrhoea or
  - c. need medical care for other reasons
6. The health authorities are to be informed about any change in your state of health.

**Important notes:**

- Expect the carrying out of examinations such as the taking of samples for the laboratory. Those who contravene these directives are guilty of an administrative offence and will face a fine up to 1450 euros, or in the case of non-payment a custodial sentence of up to four weeks.
- Please also inform your employer. It is treated as conventional sick leave.

If you need help to do your shopping (food, pharmacy), you can contact the special hotline free of charge on 0664 / 60 205 3030 from Monday to Saturday, 9.00 to 17.00.

If you have concerns, are troubled by worries or feel lonely, you can contact the ZEBRA helpline (interpreted) on 0800 / 799 702 Monday to Friday from 9.00 to 12.00.

We wish you a speedy recovery!