



**SARS-CoV-2 coronavirus:  
Current rules on isolation  
and quarantine**

The **rules on quarantine and isolation** are some of the most important measures to control the coronavirus pandemic and prevent a rapid spread of the virus, since many people in Germany are still getting ill with COVID-19. However, infections with the dominant Omicron variant often run a mild course and lead to hospitalisation less frequently. This is why new rules on quarantine and isolation have been put in place, which we would like to inform you about in this leaflet.

Important to know: The new rules released by the Federal Government to the Federal Länder on 2 May 2022 serve as a recommendation. Therefore, people should check the specific rules that apply in their Federal Land. In general, the public health offices have the final say and hence the authority to deviate from the rules in individual cases.



# 1. What should be done in case of symptoms?

If people notice symptoms typical of a coronavirus infection, they should avoid contact with others and stay at home. Symptoms typical of a coronavirus infection may include a fever, cough, runny nose, headache and aching limbs, fatigue, a sore throat or loss of smell and taste.

Should they develop **symptoms**, then they can call the doctor's practice, the local coronavirus hotline or for a fever ambulance. At night and on weekends or holidays, they can also call the on-duty medical service by dialling the number **116 117** from anywhere within Germany. There, they will get information on what to do next. In case of an emergency, they need to dial **112**.



## 2. What are the rules for isolation?

**Isolation** is an officially ordered measure for people with a confirmed COVID-19 infection. Isolation generally ends after **five days** (see also exception below), counted from the first full day after symptom onset in case of a symptomatic infection, and from the first full day after taking the swab sample that produced the positive test result in case of an asymptomatic infection.

Since it is still possible, in principle, to infect others even after this period, after the obligatory isolation ends it is urgently recommended to test oneself or get tested with a rapid antigen test every day and continue to voluntarily self-isolate until the result is negative. It is generally recommended for symptomatic people to self-isolate until their symptoms have significantly improved. Should close contact with others be unavoidable, they should wear a medical face mask until they test negative or the symptoms have significantly improved, in order to avoid infecting others.

Employees at healthcare facilities, senior citizen and long-term care facilities, home care services and integration assistance services must additionally present a negative test result (e.g. the PCR test result must display a CT value of over 30) to be able to resume their activities. This must pertain to a rapid test or PCR test taken on day 5 at the earliest. In addition, they may not have had any symptoms in the previous 48 hours.

The isolation period may differ for hospital in-patients and care home residents. For additional information, visit: [\*\*www.rki.de/covid-19-entisolierung-stationaer\*\*](http://www.rki.de/covid-19-entisolierung-stationaer)



### 3. What are the rules for quarantine?

The **quarantine rules** apply to people who might have contracted the virus from an infected person. Therefore, these people are urgently recommended to test themselves of their own accord with a rapid antigen test every day for **5 days** after their contact with the infected person and reduce their contact, above all, with people who are at risk of a severe disease progression. Here the day after their contact with the infected person is considered the first full day of quarantine. When someone is infected with the coronavirus, those living in the same household are at the highest risk of transmission.

Employees at healthcare, senior citizen and long-term care facilities, home care services and integration assistance services should get tested with a rapid antigen test or PCR test (or a comparable test based on nucleic acid amplification) for five days prior to commencing their work.



Even once the 5 days have passed, it is advisable for people to reduce the number of people with whom they are in contact and wear a medical face mask whenever they meet others for a period of up to 14 days after their contact with the infected person.

In addition, contact persons should self-monitor: Should they develop symptoms consistent with a coronavirus infection during those 14 days, they need to self-isolate immediately and test themselves (or get tested).

## 4. What quarantine rules apply when entering the country from an area of variants of concern?

As a rule, a ban on carriage – subject to a very limited set of exceptions, including for German nationals or persons who have their place of residence and right of residence in the Federal Republic of Germany, persons in transit and transport personnel – applies for travelers entering Germany from **areas of virus variants of concern**.

Persons who enter the Federal Republic of Germany from an area of variants of concern are obligated, as a rule, to quarantine at home for fourteen days. Home quarantine automatically ends if the area concerned is no longer listed under [www.rki.de/risikogebiete](http://www.rki.de/risikogebiete).

Exemptions from the obligation to quarantine on entry apply, for instance, to persons in transit or transport personnel if they adhere to appropriate safety and hygiene practices, as well as cross-border commuters or border crossers if their work is urgently required and critical to maintaining operational procedures. In addition, people who fall under one of these exemptions are required to immediately notify the competent authority if they show symptoms typical of an infection with the SARS-CoV-2 coronavirus within 14 days of entry into the Federal Republic of Germany.



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