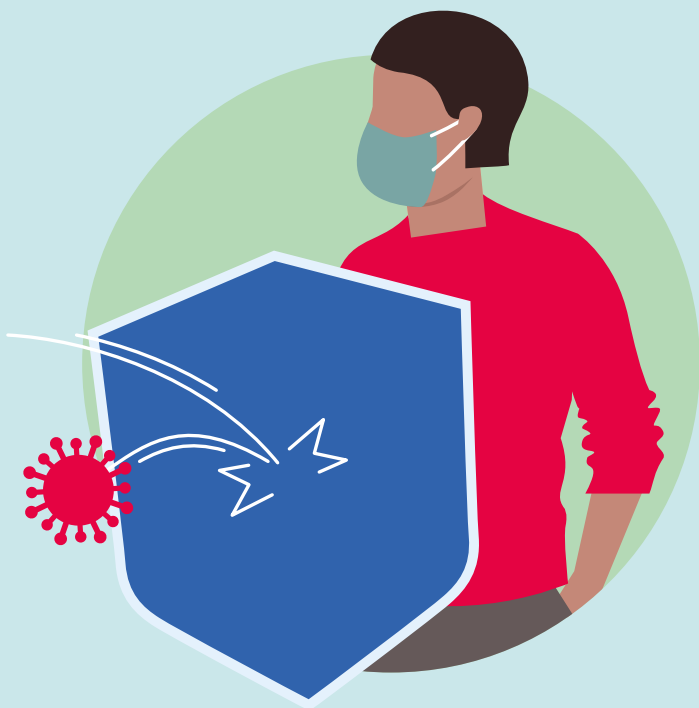




Bundesministerium
für Gesundheit

**Zusammen
gegen Corona**



Together against corona
**How to protect
ourselves against
the coronavirus**

1. Getting tested

for ourselves and for our loved ones

We all wish to stay healthy. This is why we have to protect ourselves as well as our family and friends from infection with the coronavirus. To do this, it helps to **get tested regularly** and immediately self-isolate should the test be positive. Indeed, a test can lead to early detection of a coronavirus infection – even if you are not feeling ill.



There are three different testing methods:

1. Rapid Test

Rapid tests are performed by trained staff, for example at doctors' practices, test centres or pharmacies. Unlike PCR tests, rapid tests are usually evaluated directly on-site. You then receive a written or digital certificate of the test result. A negative test result is only valid for a limited period of time and cannot completely exclude an infection. Since 8 March, every person living in Germany is eligible to at least one free rapid test per week. This regulation remains in force until 10 October 2021. The Federal Government's offer of free rapid tests for everyone ends effective 11 October 2021. People unable to get vaccinated and for whom the general vaccination recommendation does not apply will, however, still have the possibility to get a free rapid test.

2. Self-test

With a **self-test**, you can test yourself. Self-tests can provide additional security in certain everyday situations, such as before paying a visit to our family or friends. Over-the-counter self-tests are available in pharmacies, drugstores and shops.

Under specific circumstances, such as directly before visiting a medical facility, a self-test may be carried out on site under supervision of professionals (supervised antigen test for self-testing). In this case, too, a negative result is only valid for a limited period of time. A positive self-test must be verified without delay using a PCR test, which can be arranged by a doctor, for instance.

3. PCR test

The **PCR test (laboratory test)** provides the most reliable result and is analysed in a laboratory. For this test, professionals in doctors' practices, pharmacies or test centres take samples from the nose and throat (e.g. after a positive rapid test). The result, which you receive as a written or digital certificate, is usually available after one to two days. A positive result is also transmitted to the competent health office. The same applies for a negative PCR test result if a previous rapid test had been positive. A PCR test is performed if you show symptoms, suspect you may be infected or have tested positive with a rapid test or self-test. Sometimes it is also used to conduct mass screenings in order to prevent the SARS-CoV-2 coronavirus from spreading in schools and other educational institutions.

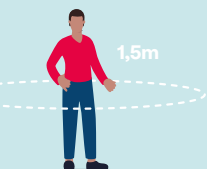
Important: If a rapid test or self-test turns out positive, you must arrange an appointment for a PCR test with your doctor or by calling 116 117. Test centre or pharmacy staff can see to it that a PCR test is performed immediately. The result of a rapid test or self-test is verified using the PCR test.

In any case – and even with a negative result – the DHM+A rules must still be observed.

2. The combination is key:

Protection against infection with the DHM+A+A rules

Even though it restricts us in our everyday lives – with a few simple methods, we can contribute to slowing the spread of the coronavirus:



Distancing: Keeping at least 1.5 metres away from other people, whether you are on your way to work, shopping or strolling in the park. .

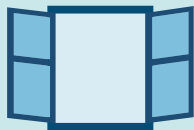
Paying attention to hygiene:

Cough or sneeze into the crook of your arm and maintain continued and thorough hand hygiene: wash your hands with soap for at least 20-30 seconds.

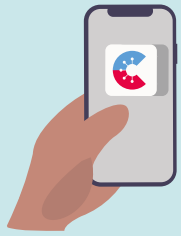


Masking up: In certain situations – particularly when there is little space and it is impossible to always maintain the minimum distance from others – wear a mask over the mouth and nose.

Airing: Make sure that rooms are well aired, since coronaviruses can even spread via minuscule droplets (aerosols) that are expelled when speaking or exhaling and which, in enclosed spaces, may remain suspended in the air for a long time.



Using the app: The Corona-Warn-App can quickly and anonymously inform us in case we spent time in an infected person's vicinity and we can warn others if we have been infected ourselves.



Even those who are fully vaccinated or have already recovered from the coronavirus should adhere to the protective measures, since a renewed infection and the accompanying risk of transmission to others cannot be ruled out completely.

Important: Observe the rules that apply in your region, since the current regulations differ depending on the respective number of coronavirus infections.



3. To protect everyone:

Take quarantine rules and isolation seriously

We do not want to endanger our family and friends. Therefore, we should avoid contact with others and stay at home should we notice symptoms of a coronavirus infection.

Symptoms of a coronavirus infection may include, for instance, a fever, coughing, a runny nose, headache and aching limbs, fatigue, a sore throat or loss of smell and taste.

If you **develop symptoms**, call your doctor's practice, a local coronavirus hotline or a fever ambulance. At night and on weekends or holidays, you can also call the on-duty medical service by dialling the number 116 117 from anywhere in Germany. There, you will get information on what to do next.



In case of an emergency, dial 112.



1. Everyone who **tested positive for the coronavirus** must go into isolation at home or in a hospital – depending on the severity of the disease. This is the only thing that helps to break the chain of infection and not pass on the coronavirus. Self-isolation at home may be lifted at the earliest 14 days after the onset of the disease and only with a negative result from a rapid or PCR test. The decision is made by the

competent health office in coordination with the attending physician.

2. If you ***had contact*** with a person infected with the coronavirus, but do not have symptoms, please make sure to inform your competent health office immediately. They will tell you what to do and bear in mind.



To find your local health office, check:
www.rki.de/mein-gesundheitsamt

Anyone who has had close contact with an infected person must ***quarantine*** at home for 10 days. In this case, a PCR test is recommended as soon as possible. Before the quarantine can be lifted, a negative result from a rapid or PCR test must be presented.

Exempted are persons who are fully vaccinated, persons who have recovered and received a single vaccine dose and persons who have had a PCR-confirmed SARS-CoV-2 infection within the previous six months (“recovered”) and do not show any symptoms of disease. Further information is available at:
www.zusammengegencorona.de.

Important: Anyone wishing to enter Germany from another country should make sure to check the information on the current entry and quarantine regulations at:
www.bundesgesundheitsministerium.de/coronavirus-merkblatt-fuer-reisende

4. Roll up your sleeves:

the coronavirus vaccination is our way out of the pandemic

We want to be able to freely do sports again as well as see our family and friends – coronavirus vaccination is the ***most effective way*** to get us there. Getting ***vaccinated free of charge*** provides the best protection that is currently available against the illness and its consequences. And it protects our loved ones, especially our grandparents and our parents. Since the older you are, the higher the risk of a severe or fatal disease progression. The more people get vaccinated, the harder it becomes for the virus to spread. And we can prevent infections that may lead to severe illness or death.



Several ***effective and safe vaccines*** against the coronavirus are available in Germany. Since 7 June 2021, the vaccination prioritisation no longer applies. This means that you can get a vaccination appointment irrespective of your state of health or occupation. Coronavirus vaccination is also recommended for children and adolescents from the age of 12.



From September, there is also the possibility of receiving a **booster vaccination** as a preventive health measure for people over the age of 60, people in long-term care facilities, integration support facilities and other facilities with vulnerable groups, as well as for people with immune deficiencies or LTC needs.

In addition, anyone who has completed a full vaccination series with a vector vaccine (Vaxzevria® by Astra-Zeneca twice or Janssen® by Johnson & Johnson once), or who has recovered from a COVID-19 infection and received a single vector vaccine dose, is to be offered a booster vaccination.

However, there is **no** obligation in Germany to get vaccinated against the coronavirus.

The yellow paper vaccination booklet, a confirmation of vaccination issued by the doctor or centre that performed the vaccination and the digital vaccination certificate all count as **proof of vaccination**.

All relevant information on the coronavirus vaccination, the vaccines, on arranging an appointment and on the vaccination process are available at **www.corona-schutzimpfung.de**

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