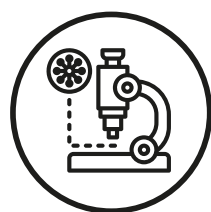


Quarantine regulations

for the Mettmann district (duration of quarantine applies from the date of testing in each case)

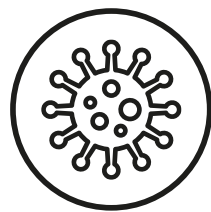
Reason: test result is available from the lab before the health authority contacts the person who has taken the test



Testing based on symptoms



quarantine until test result
negative test result =
end of quarantine



Positive result +
no symptoms



immediate, 10-day quarantine



Positive result +
symptoms during
quarantine



extension of the 10-day
quarantine until after a 48-hour
symptom-free period



Household members



quarantine from the same time,
but for four days longer than the
person who tested positive

A negative test result does not reduce the quarantine period.

More information at [kreis-mettmann.de](https://www.kreis-mettmann.de)

10.11.2020, 3:38 pm

Coronavirus: mandatory quarantine without individual instruction

General Mettmann district ruling applies from Wednesday

METTMANN DISTRICT. Due to the current rise in coronavirus cases across the country, it is increasingly difficult for local health officials to promptly instruct those who test positive, as well as their close contacts, to self-isolate.

Therefore, the Mettmann district has now issued a general ruling “instructing anyone who has tested positive for coronavirus to self-isolate, along with their household members, until a negative test result is available. This also applies to anyone with symptoms”. This comes into effect on Wednesday, 11 November.

The key elements of this ruling are:

Anyone who takes a coronavirus test, because they are displaying symptoms, must immediately self-isolate at home. They must remain in quarantine until a negative test result is available.

Anyone who has tested positive for coronavirus must self-isolate at home as soon as they receive the test result. If they have no symptoms and none occur during their quarantine, they can stop self-isolating 10 days after the test.

If symptoms occur, their quarantine will be extended until they have been symptom-free for an uninterrupted period of 48 hours.

Household members must self-isolate at home for 14 days, starting at the same time. A negative test result does not reduce the quarantine period.

This general ruling also regulates a few possible exceptions. For example, the health authority may grant exceptions for critical infrastructure staff to perform their professional duties under certain conditions, if they have no symptoms.

Anyone who tests positive and their household members are also obliged to notify the health authority immediately. The forms (Notification of a positive test, Notification of recent contacts) are available on the district’s dedicated coronavirus website: www.sonderlage-kreis-mettmann.de

Background to this ruling: in the past, quarantine instructions were issued on a case-by-case basis, as soon as the relevant lab results were available to the health authority and the necessary contact data could be determined.

Now, those who have tested positive for coronavirus often receive their test results earlier than the health authority. However, any delay in the necessary self-isolation of these people and anyone living in their household is unacceptable, meaning that the instruction is now issued by means of this general ruling. This also applies to anyone with symptoms, until it has been confirmed whether or not they have the virus.

The text of this general ruling is published in the district’s official journal and is available immediately on the Mettmann district homepage: [General quarantine ruling](#).