## Guidance for contact persons of confirmed COVID-19 cases

### What should you do if you have had contact to someone with a confirmed case of COVID-19?

#### Category 1 contacts (higher risk of infection):

- You had at least 15 minutes of face-to-face contact with the infected person.
- You had direct contact to secretions and bodily fluids of the infected person.
- You had relevant aerosol exposure (even if you were more than 1.5 m apart, e.g. spent a longer period in a poorly ventilated room with the infected person, e.g. during a party, while singing or while doing indoor sports (> 30 min.).)

#### Category 2 contacts (lower risk of infection):

- You followed the AHA-L* rules while in the same room as the infected person, and had less than 15 minutes of face-to-face contact with him/her.
  - * A = “Abstand” (you kept the required distance apart)
  - H = “Hygiene” (you maintained good hand hygiene)
  - A = “Alltagsmaske” (you wore a face mask)
  - L = “Lüften” (you ventilated the room regularly)

#### Contact to category 1 contacts:

- You had direct contact with a category 1 contact of the infected person (e.g. a person in his/her family, circle of friends or one of his/her acquaintances with whom he/she had had contact) (≥ 15 min. of face-to-face contact).
- You had relevant aerosol exposure to a category 1 contact, even if you were more than 1.5 m apart.

### Recommended action

<table>
<thead>
<tr>
<th>You should have yourself tested, even if you have no symptoms. (on the first day after learning of your contact and again 5-7 days after first exposure)</th>
<th>You should have yourself tested if you develop symptoms.</th>
<th>You should have yourself tested if you develop symptoms.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please contact the local Gesundheitsamt (health authority)! Coronavirus Hotline: +49 7531 800-7777 Mon-Fri 8:00-17:00 / Sat 8:00-12:00</td>
<td>We recommend contacting the Gesundheitsamt (health authority) to clarify the case.</td>
<td>You do not need to contact the Gesundheitsamt (health authority).</td>
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<tr>
<td>14-day self-isolation (quarantine at home) Do not enter the university campus!</td>
<td>You do not necessarily have to self-isolate, but please reduce the number of potential contacts you make and watch for any symptoms. You may not enter the university for 14 days after you last had contact with an infected person.</td>
<td>You do not need to self-isolate. You may enter the university.</td>
</tr>
</tbody>
</table>

If you use the [Corona-Warn-App](https://www.coronawarn.app) and receive a notification:

- **Erhöhtes Risiko (higher risk)** \(\rightarrow\) Do not enter the university.
- **Niedriges Risiko (lower risk)** \(\rightarrow\) You may enter the university.

### If you experience symptoms:

- Contact the Gesundheitsamt immediately.
- Identify contact persons.
- Begin self-isolation as instructed.
- You may not enter the university!