



# Quarantine because of COVID-19

## The most important information

### The coronavirus



The coronavirus can make me ill.

People with the coronavirus can infect other people for example through the air they breathe.

That is why these people have to go into quarantine.

### What is quarantine?



- Stay at home, do not leave my apartment and do not allow visitors.
- If possible stay alone in my room and use the kitchen and bathroom alone.
- Clean and disinfect afterwards.
- Do not go to work, to school or shopping.
- Keep distance: also from people I live with.

### I have to go into quarantine when:



- I have an appointment for a coronavirus test or I am waiting for the results.
- I have had a coronavirus test and it is positive.
- I found out that I was close to another person who has the coronavirus.  
For example if I spoke to them for 10 minutes without a mask.

-> Then I am a **contact person**.

-> Then I may be infectious even if I feel healthy.

**Important: My doctor or the corona office will inform me.**

**Any more questions? – The corona office will help you:**



Hotline: 0671 / 20 27 81 78

Monday to Thursday: 9 a.m. – 4 p.m.

Friday: 9 a.m. – 12 p.m.

**By email:** [coronaauskunft@kreis-badkreuznach.de](mailto:coronaauskunft@kreis-badkreuznach.de)

**More  
information:**



**Hands Face  
Space!**

