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

Every person living in Germany can get a rapid test at least once a week and free of charge. This also applies if there is no reason to suspect you are infected with the coronavirus. The rapid test is performed by trained staff, for instance in doctors’ practices or test centres. In many cases, appointments need to be arranged in advance. You will receive a written or digital certificate of the test result that is valid for 24 hours.
2. **Self-test**
With a self-test, you can test yourself. The test result is valid for 24 hours. Self-tests can provide additional safety 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.

3. **PCR test**
The PCR test (laboratory test) provides the most reliable results and is analysed in a laboratory. For this test, professionals in doctors’ practices or test centres take samples from the nose or 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, and is also transmitted to the competent health office. A PCR test is performed if you show symptoms, are suspected of being infected or have tested positive with a rapid test or self-test.

**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. In a test centre, 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:** Always keep at least 1.5 metres away from other people, no matter if you are on your way to work, shopping or strolling in the park.

Observing **hygiene** rules:
Cough and sneeze into the crook of your arm and regularly wash your hands with soap for at least 20-30 seconds.

**Masking up:** Wear a mask over the mouth and nose whenever you are in places where it is impossible to maintain the minimum distance from others. When taking public transport or going shopping, you must wear a medical face mask.

**Airing:** Make sure that rooms are well aired, since coronaviruses can even spread via miniscule droplet nuclei (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.
Important: Observe the rules that apply in your region, since the current regulations differ depending on the respective number of coronavirus infections. In regions with a particularly high coronavirus infection rate, for instance, night-time curfews are imposed.
3. To protect everyone:
Take quarantine rules and isolation seriously

We do not want to endanger our family and friends. Therefore, we should avoid contacts and stay at home should we detect symptoms of a coronavirus infection or have had contact with a person who tested positive for the coronavirus.

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
However, as long as we do not have sufficient vaccine to prevent infections that may lead to severe illness or consequences. And it protects our loved ones, particularly our family and friends – coronavirus vaccination

4. Roll up your sleeves:

1. Testen lassen – and even with a negative result – the coronavirus. The rapid test is performed by trained professionals in doctors’ practices or test centres, staff can see to it that a PCR test is performed if necessary. In many cases, appointments need to be arranged in advance. You will receive a written or digital certificate after a positive rapid test. The result, which you receive as a written or digital certificate, is usually available after one to two days, and is also transmitted to the competent health office. A PCR test is performed by trained professionals in doctors’ practices or test centres, and not pass on the coronavirus. Self-isolation at home may be lifted at the earliest 14 days after the last symptom has disappeared or after a negative PCR test result.

2. Der Mix macht’s:

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 contact with an infected person must self-quarantine at home. After the 14-day quarantine period, a negative result from a rapid or PCR test must be presented before the quarantine can be lifted.

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

Also in other European countries and further abroad, differing rules apply that change ever so often. To read what rules currently apply in a specific country, see the website of the Federal Foreign Office:
www.auswaertiges-amt.de/de/ReiseUndSicherheit
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 meet 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. The amount of vaccine at our disposal is steadily increasing. However, as long as we do not have sufficient vaccine for everyone, vaccinations will progress step by step.
Our approach: Persons with a particularly high risk of severe or fatal disease progression or with a particularly high risk of infecting themselves or vulnerable persons while at work are being vaccinated first. Over time, coronavirus vaccination will be made available to everyone. However, there is no obligation in Germany to get vaccinated against the coronavirus.

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](http://www.corona-schutzimpfung.de) or by calling the nationwide free information hotlines 116 117 and 0800 0000837 (English, Turkish, Arabic, Russian) as well as in sign language at [www.zusammengegencorona.de](http://www.zusammengegencorona.de).
for everyone, vaccinations will progress step by step. However, as long as we do not have sufficient vaccine against the effective and safe vaccines progression. The more people get vaccinated, the most effective way is the coronavirus vaccination is our way. 4. Roll up your sleeves: If you develop symptoms, call your doctor’s practice, include, for instance, a fever, coughing, a runny nose, coronavirus infection or have had should avoid contacts family and friends. Therefore, we do not want to endanger our isolation seriously. 3. To protect everyone: A. To prevent disease progression or with a particu-
on the vaccination process are All relevant information on the coronavirus obligation in Germany everyone. However, there is time, coronavirus vaccination will be made available to 1. As of: April 2021, 1st edition