



Oberhofer Sport und Event GmbH • Am Grenzdler 7 • 98559 Oberhof

## Basic national regulations regarding the distance rule and the procedure after positive cases

In coordination with the health department of the district of Schmalkalden / Meiningen

**Distance rule:** The distance of 1.5 m to other people must be maintained.

### Quarantine for positive results / contact persons

#### 1. Person with positive results

- without symptoms - 10 days quarantine after results findings
- with symptoms - 10 days quarantine according to symptoms

#### 2. Contact persons - Category I

- People with cumulative face-to-face contact of at least 15 minutes with a confirmed COVID-19 case, e.g. during a conversation. These include e.g. People from the same household, people who have had direct contact with secretions or body fluids, especially respiratory secretions from a confirmed COVID-19 case, such as kissing, coughing, sneezing, contact with vomit, mouth-to-mouth resuscitation, etc.
- People who, according to a risk assessment by the health department, were exposed with a high probability to a relevant concentration of aerosols even if they were more than 1.5 m away from the confirmed COVID-19 case (e.g. partying, singing together or indoor sports activities) or if in addition, the confirmed COVID-19 case has previously been in the room for a longer period (> 30 min).

Duration of the quarantine: 14 days from the last contact or, in the case of close contacts (family, shared apartment, etc.) from the first day the index patient showed symptoms.

Further information RKI.de.

