

To all
deans and vice deans, managing directors and
institutes, professors and employees of the
University of Bonn
- excluding University Hospital Bonn (UKB) -

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Circular No. 08/2022
New Ordinance on Coronavirus Testing and Quarantine

In this circular:

- Amendments to the Ordinance on Coronavirus Testing and Quarantine

Dear Sir or Madam,

The purpose of this circular is to tell you about the amendments to the Ordinance on Coronavirus Testing and Quarantine for North Rhine-Westphalia (NRW) ([CoronaTestQuarantäneVO](#)). The provisions of this ordinance affect how coronavirus cases are handled and who may need to self-isolate.

Self-isolation and quarantine issues are the responsibility of the respective local health authority, so you should always seek information from the competent offices where you live as well. Please also be aware that a priority system for PCR tests may be introduced in the wake of the ongoing political debate, which may change the “test-to-release” rules.

1. What do I need to do if a self-test reveals I have the coronavirus?

In the event of a positive **self-test** result, you must take at least one rapid or PCR test at an official test center without delay. Until you receive your result, you will need to isolate as best as you can, avoid any direct contact with others that is not absolutely necessary and stick strictly to the hygiene and infection prevention measures in place.

2. How must I behave after I've taken a PCR test because of cold symptoms?

You are required to stay isolated until you have your test result. If it is negative, you can come out of isolation.

3. What must I do if I've tested positive for the coronavirus?

If someone's PCR or rapid test comes back positive, they will be required to go straight into isolation without delay after receiving this result. There is no need for the competent authority to impose a separate order—the test result in itself is sufficient. Anyone who tests positive is required without delay to notify everyone that they can think of who had close personal contact with them in the two days before they took their test and while waiting for their test result.

Contacts are defined as those individuals who spent more than 10 minutes less than 1.5 meters apart from an infected person, where neither was wearing a mask, or those who shared an unventilated or poorly ventilated space with an infected person for a prolonged period of time.

You are strongly advised to report positive test results using the Corona-Warn-App.

4. Who needs to self-isolate and when?

The ordinance distinguishes between two groups of people (please also read point 5 "**Exemptions from the obligation to self-isolate**"):

Anyone who lives in the same household as someone who has tested positive (**members of the same household**) is **required** to self-isolate as soon as they become aware of their fellow household member's positive test result.

Regardless of any specific instructions from the authorities to self-isolate, people who have been told about a positive test result by someone who is not in their household (i.e. **other contacts**) **are also expected** to: isolate as best as they can for 10 days after coming into contact with them; avoid close contact with other people not from their household, particularly indoors and in sizable groups; work from home where possible; and stick strictly to the general hygiene and infection prevention measures in place. The local authority responsible for maintaining public order, in consultation with the competent health authority, will decide whether to require contacts who are not members of the same household to self-isolate.

5. When do members of the same household or other contacts not need to self-isolate?

People will not need to self-isolate if:

- They have received a booster vaccination, i.e. three doses overall (a total of three doses are now also required in the case of any combination involving the Janssen (Johnson & Johnson) COVID-19 vaccine!)
- They have been vaccinated against and have recovered from COVID-19, i.e. they have had an infection proven via a PCR test and have received at least one vaccine dose either beforehand or afterward
- They have received two doses of the vaccine, with the second being given more than 14 but less than 90 days ago
- They have recovered from COVID-19 and took the PCR test that confirmed their infection more than 27 but less than 90 days ago

If someone who is exempt from self-isolation and is sharing a household with an infected person develops symptoms, they must self-isolate immediately and arrange a PCR test promptly.

People who are not members of the same household as an infected person and who develop symptoms within 10 days of coming into contact with them are asked to self-isolate immediately and get tested.

6. What does “self-isolation” or “quarantine” mean?

People who are required to self-isolate or quarantine or on whom the competent authority has imposed a self-isolation or quarantine order are required to stay at home or in accommodation that will permit them to live in isolation and must isolate there.

“Isolation” here means that the people affected are to avoid any contact with anyone outside their household. In particular, they are not permitted to receive visitors. In addition, they are to minimize contact with people in their household who are not self-isolating or in quarantine themselves and who they rely on for support.

If contact is unavoidable, a medical mask (an FFP-2 mask without a breathing valve where possible) must be worn at the very least, unless the person is exempt from the requirement to wear a mask (e.g. on health grounds) by way of an exception.

In all other respects, reference is made to the rules of behavior set out in the information sheets [“Häusliche Isolierung bei bestätigter COVID-19-Infektion”](#) (“Isolating at home following a confirmed COVID-19 infection”) and [“Häusliche Quarantäne \(vom Gesundheitsamt angeordnet\): Flyer für Kontaktpersonen”](#) (“Household quarantine (ordered by the health authority): flyer for contacts”). These rules are also to be followed if self-isolating or quarantining in accordance with the following regulations.

7. When do self-isolation and quarantine end?

As a basic principle, **self-isolation** ends 10 days after the person's symptoms (particularly shortage of breath, a new cough, fever, and loss of smell or taste) develop or after their first positive test (PCR test or rapid test before that) was taken. If any symptoms are still present at this point, self-isolation must be maintained until they have disappeared.

Quarantine for members of the same household as infected people ends after 10 days, counting from when the infected person first had symptoms or tested positive.

Quarantine for contacts (see exemptions under point 5) who are not members of the same household as the infected person also ends after 10 days as a basic principle.

8. Can self-isolation/quarantine be ended sooner?

People who have been symptom-free for 48 hours can leave self-isolation early if they possess a negative result from a PCR test, a PCR test with a CT score above 30 or a negative result from a rapid coronavirus test, where the test was taken no earlier than the seventh day of their self-isolation.

Members of their household can exit quarantine early after seven days if the person in question possesses a negative result from a PCR test or from a rapid test, where the test was taken no earlier than the seventh day of quarantine. The same applies to contacts who do not share a household with an infected person but who have been ordered to quarantine by the authorities.

For "test-to-release" purposes, the people affected are permitted to leave self-isolation or quarantine in order to take this test at an appropriate test center and to travel straight there and back as necessary. When leaving their home or accommodation, they are required to follow the general infection prevention rules conscientiously and, in particular, wear a mask at all times, ideally an FFP-2 mask without a breathing valve but at least a medical mask. They will also need to keep at least 1.5 meters away from other people unless there are compelling reasons preventing them from doing so.

9. How long do I need to keep my test result for, and what do I do about showing it to my employer?

You will need to retain the result of your "test-to-release" test for at least a month and present it to the health authority if asked. **You will also need to show proof of your test to your employer when you return to your workplace if this test allowed you to leave your self-isolation or quarantine early.** You must show the proof of your test to your line manager.

You can find further information in the [coronavirus-related sections of the University website](#) as usual.

Sincerely,

signed Professor Dr. Dr. h. c. Michael Hoch
Rector

signed Holger Gottschalk
Provost