

Easy-to-read information about COVID-19

COVID-19 has spread quickly around the world.
Some people with COVID-19 have mild symptoms.
These people will recover quickly.
Some people with COVID-19 get very sick.
Older people or people with other health problems may get very sick.
They can get pneumonia.
They can also die from COVID-19.

You need to protect yourself:

You can help prevent getting COVID-19.

You can help prevent spreading COVID-19 to other people.

For more information about COVID-19, visit the website:

[https://www.rki.de/DE/Service/Leichte-Sprache/LS_Corona_Krankheit.pdf? blob=publicationFile](https://www.rki.de/DE/Service/Leichte-Sprache/LS_Corona_Krankheit.pdf?blob=publicationFile)

If you have COVID-19

People with COVID-19 get sick in different ways. Most common symptoms:

- Some people have a loss of smell.
- Some people have a loss of taste.
- Some people have fever.
- Some people cough.
- Some people have a sore throat.
- Some people have a runny nose.
- Some people feel weak.
- Some people have a hard time breathing.

For more information about the disease, visit:

[https://www.rki.de/DE/Service/Leichte-Sprache/LS_Corona_Krankheit.pdf? blob=publicationFile](https://www.rki.de/DE/Service/Leichte-Sprache/LS_Corona_Krankheit.pdf?blob=publicationFile)

Quarantine

What does quarantine (isolation) mean?

- Stay at home.
- Stay away from other people.
- Only use your own balcony, terrace, or garden.
- Do not take the rubbish outside yourself.
- Do not go shopping.
- Do not go to work (you must inform your employer).
- Do not go to school.
- Do not visit the playground with your children.
- Do not go for a walk.
- Do not walk the dog.

The Public Order Office monitors quarantine compliance. People that don't comply with quarantine can face a penalty.

Who must quarantine?

If you **test positive for COVID-19**, then you have contracted the coronavirus. You can infect other people.

That is why the local health authority requires you to quarantine. That means you have to stay at home. Another word for quarantine is isolation.

Any person in **close contact** with someone with COVID-19 must also quarantine. These people are called close contacts. Examples include roommates. The local health authority calls these close contacts and tells them how many days the quarantine will last.

How long should you quarantine if you test positive?

If you test positive, you need to quarantine for at least 14 days after the test. If you still have symptoms (runny nose, cough, fever), you must stay in quarantine until you are no longer sick for 2 days.

How long should a close contact quarantine?

You can get sick 14 days after your last contact with a person who has COVID-19. That is why close contacts must quarantine for 14 days after the last contact.

What to do in quarantine so as not to infect your roommates?

The sick person should ...

- ... not live and sleep in the same room as others.
- ... always stay at least 2 metres away from others.
- People who live in the apartment (roommates) should ...
 - ... wear a mask when they are in the same room.
- ... wash their hands thoroughly and often.
- ... not use bathroom, toilet, and kitchen at the same time as the infected person and clean them before each use.
- ... use their own towel.
- ... ventilate the rooms well.
- ... not touch any rubbish of the sick person.
- ... not receive any visitors. The postal officer should leave parcels at the front door.

Who can you ask for help while you are quarantined?

If you need help with everyday tasks:

Friends and family can help with shopping, for example.

Volunteers can provide support: contact your city to see if they provide such services.

If you feel worse and need help:

Please contact

1. your GP.
2. the on-call service of the Association of Statutory Health Insurance Physicians: 116 117.
3. the emergency number: 112.

If you have dependent children at home:

Check the website of NRW's School Ministry:

<https://www.schulministerium.nrw.de/>

If you have any further questions about the quarantine:

You can call the local health authority: +49 2271 831 2345.

Vaccination

Where can I get information on vaccination?

The RKI website provides easy-to-read information:

https://www.rki.de/DE/Service/Leichte-Sprache/LS_Corona-Ratgeber_tab-gesamt.html;jsessionid=FB752F49F39D2FB5CBB08089231CC333.internet072?nn=13490888

On the RKI website, there are information sheets translated into many languages and explanations for the forms in easy-to-read language:

<https://www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Aufklaerungsbogen-Tab.html>

<https://www.rki.de/DE/Content/Infekt/Impfen/Materialien/COVID-19-Vektorimpfstoff-Tab.html>

When can I sign up for the vaccination?

The vaccination programme is being rolled out in stages. That means, when it is your turn, you can register at www.116117.de or call the free telephone number 0800 117 11701.

Where can I get vaccinated?

For directions to the Rhein-Erft district vaccination centre, see:

<https://www.rhein-erft-kreis.de/impfzentrum-rheinerftkreis/artikel/anfahrt-zum-impfzentrum>

What do I need to bring to the vaccination site?

- Your appointment letter
- Your identity card
- Your vaccination certificate (if you have one)
- Your health card
- A medical mask
- If you have a chronic condition, you should bring a doctor's certificate

How can I request an interpreter for my vaccination appointment?

Rhein-Erft district provides volunteer interpreters. To request one, call +49 2271 831 0232.

<https://www.rhein-erft-kreis.de/kommunales-integrationszentrum-kommunales-integrationszentrum-2>

Testing for COVID-19

A COVID-19 test shows if you have COVID-19.

Various COVID-19 tests are available at the moment:

1. **PoC** (Point-of-Care-Antigen-Test): **rapid test** and **self-test**
2. **PCR** (Polymerase Chain Reaction): **laboratory test**

A **rapid PoC test** can be performed in several places:

- at work
- at a test centre
- at some GPs and pharmacies

Everyone can take a free test at least once a week!

If the **rapid PoC test** is positive,
the test centre must report that to the local health authority.
Quarantine until you get the **PCR test** results.

If the PCR test is also positive, you must continue to **quarantine**.
If the PCR test is negative, you can stop quarantining.

COVID-19 self-tests are also available now.

If the COVID-19 self-test is positive,
stay at home immediately!

Call your GP and your local health authority.

You will need to take a **PCR test**.

If the PCR test is also positive, you must continue to **quarantine**.
If the PCR test is negative, you can stop quarantining.

For more information about COVID-19 tests and the list of locations that provide rapid tests in the Rhein-Erft district, refer to: <https://www.rhein-erft-kreis.de/coronavirus-sarscov2/artikel/coronatestangebote-im-rheinerftkreis>