COVID-19 testing and quarantining

We have compiled this brief overview of relevant information about COVID-19, quarantining, testing, and related resources.

Who should get tested?

- People with symptoms such as coughing, fever, shortness of breath, and loss of smell
- Those who have received a notification from the Corona Warn App that they have been exposed to someone who tested positive
- Travelers arriving in Berlin from high-risk areas
  Travel regulations and high-risk areas change frequently. For the most current information, visit the web pages of the Berlin government and the Robert-Koch-Institut.

What kind of tests are there?

There are a variety of testing options, but the classic laboratory blood test is the most accurate. It is based on the so-called polymerase chain reaction (PCR), with which the genetic material of the virus can be detected. A throat swab and/or a sample from the nose will be tested.

Experts strongly advise against tests from the internet. There are still no verified self-tests as effective as the one mentioned above.

Where can you get tested?

Some family doctors now offer the tests. See testing centers in Berlin for more information.

However, patients should always either call 116117, the responsible health department, or their family physician beforehand.

Who pays for the test?

If a doctor decides to have the test carried out, the statutory insurance pays the costs. This also applies to private patients.

If the test is billed as a private service (for example, if it is used to bypass quarantine after a vacation), depending on the laboratory and medical service, between 150 euros and 300 euros can be incurred.

Where can I find additional information?

- Hotline to call if you are feeling ill or have COVID-19 symptoms: +49 30 90 28 28 28 or 116117
- Bobbi the Chatbot Bear can support you by answering your questions about SARS-CoV-2 and COVID-19.
- The CovApp is software developed by Charité Hospital in cooperation with the Robert Koch Institut and Data4Life. After filling out a questionnaire regarding your symptoms and potential contacts, you will then receive instructions. The app also gives structured guidance through various healthcare offers and will show you the way to hospitals and examination centers. Please note that the app does NOT provide diagnostic services.
- City of Berlin's preventative measures against COVID-19
- Domestic quarantine requirements for travelers (in German)
- FAQs City of Berlin
- ESMT Belin Coronavirus information
- City of Berlin's official SARS-CoV-2 Infection Protection Ordinance

Common quarantine tips

- Eat healthy and hydrate.
- Rest.
- Keep in touch with family and friends.
- Exercise, stretch, or practice yoga.
- Review or create a personal development plan.
- Start an indoor hobby.
- Don't take things too seriously. Try to enjoy the simple things in life, like a hot beverage or a conversation with a good friend.
- Form a routine for your new quarantine activities.