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## Rationale

1. In the presence of so many sources of information on COVID protection measures that are often conflicting in their advice and their operation, this 'live' note will serve as one source of information for the UK community that cuts across all of the other sources. This document will aim to satisfy the requirements surrounding quarantine, and hopefully simplify the options surrounding testing availability to UK personnel and their families at this very challenging time.

## Rules on Entering the Federal Republic of Germany and Rhineland Pfalz

2. The Federal Ministry of Health have very helpfully produced a 'to do' sheet in English. The most up to date version dated 14 Jan 21 can be found [here](#). Together with confirmation from the Local Health Authority and the latest Rhineland Pfalz and National Ordinance the following rules apply surrounding arrivals, visitors and testing from an international [risk area](#).

a. **All UK Service Personnel and their dependents** arriving in Germany from any location **must** undertake the mandatory 10 day quarantine.<sup>1</sup> All arrivals must also have a negative result from a COVID test conducted no longer than 48 hours prior to arrival. **It is mandatory to have the negative test result before departing 'an area of variant concern'** (eg the UK, South Africa, Portugal, Brazil and Ireland).<sup>2</sup> This includes those returning to their place of duty from annual leave.

b. No off-base restrictions apply to travel within Germany. Travellers coming to Rhineland-Pfalz from risk areas within Germany do not have to quarantine.<sup>3</sup>

c. Quarantine<sup>4</sup> applies only to **those who have travelled** to Rhineland Pfalz without a negative COVID test result from an international risk area; it does NOT apply to the wider household. Any other arrival from an international risk area, where they have spent 72 hours or more in, are subject to quarantine rules. Those under quarantine rules should therefore avoid contact with those from outside their household.

d. Those arriving in Rhineland Pfalz for the first time (or if not covered in the exceptions above) are required to inform the Federal and Local Health Authorities of arrival from an international risk area. That is done via the online system [here](#), which when complete, the traveller will receive an acceptance document in pdf format. This document should then be emailed to **the Host Nation Liaison Office staffs at the GEO** at [GSO-GEO-HNLO-GpMailbox@mod.gov.uk](mailto:GSO-GEO-HNLO-GpMailbox@mod.gov.uk) in order to satisfy their SOFA obligations.

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<sup>1</sup> Arrivals from RKI risk areas and high incidence areas **would normally attract a NATO exemption**, however all UK personnel and their dependents arriving from anywhere are directed to follow quarantine rules until further notice.

<sup>2</sup> [Rhineland Pfalz Ordinance 15 dated 8 Jan 21 \(amended 22 Jan 21\)](#)

<sup>3</sup> Rhineland Pfalz COVID guidance for travellers. <https://corona.rlp.de/de/service/information-in-your-language/>

<sup>4</sup> **Not to be confused with isolation**, which is separating the unwell from the healthy. Quarantine is simply restricting the movements of a person or population for a period, who have been potentially exposed to a contagion, to see if they exhibit symptoms. If symptoms are experienced or a diagnosis confirmed, quarantine changes to isolation and the whole household is affected.

## Testing

3. Arrivals from an international risk area, an international area of high incidence, or an area of variant of concern can have their mandatory quarantine shortened by having a test for COVID-19 on Day 5 or later. You cannot leave your residence without having had a test with a negative result at Day 5 or later. **After having a test, you must return to quarantine to await the result.** Tests are available in many places, but for UK pers, the following have been successfully used:

- a. **NEW!** Ramstein Rapid COVID-19 Test Centre (Corona-Schnelltestzentrum-Ramstein). Book by phone on 0157 3823 0914 or by email on [info@coronatest-ramstein.de](mailto:info@coronatest-ramstein.de). **This option is only for those without COVID symptoms.**
- b. **Frankfurt Airport** for arrivals by air, as part of the airport arrivals process. For a nominal fee, the result can be received within 12 hours. (Info [here](#))
- c. **Kaiserslautern and Schwedelbach. (For those with symptoms)** Am Warmfreibad 1, 67657 Kaiserslautern or Am Kiefernkopf 22, 67685 Schwedelbach.
  - i. Complete this form [here](#) and email it to [reiserueckkehrer@kaiserslautern-kreis.de](mailto:reiserueckkehrer@kaiserslautern-kreis.de) by 1200hrs on the day you wish to be tested.
  - ii. You will receive an email confirmation from the Local Health Authority.
  - iii. Turn up at the Drive-Thru Test Centre you have selected with your passport and your email confirmation.
  - iv. Receive the test and return home immediately and remain there to await the result.
  - v. The result will be communicated to you via email or via the Corona Warn-App.
- d. A mirror guide to aid completion of the German form is available at **Appendix 1. Please only submit the German language version.**
- e. Notes for the Testing Centres can be found at **Appendix 2.**

## Ramstein Air Base General Order #2 (Modification #2 dated 23 Dec 20)

4. Ramstein Air Base has its own set of ordinance as COVID protective measures known as [General Order #2](#). It has been in force since Jul 20 and was introduced to protect the mission and the people. After confirmation by the AIRCOM Director of Management, the following takeaway points apply:

- a. Any Service person or dependent arriving from an RKI designated [risk area](#) is subject to an automatic 10 day exclusion from Ramstein Air Base (RAB) installation, during which time the base and its facilities remain out of bounds. Similar to Germany quarantine rules, **this exclusion from RAB applies to the traveller only.**<sup>5</sup> These Base restrictions will also apply if travel to **a local 'red' risk area** as signified on the [RKI Heat Map](#) for reasons outside of normal life support<sup>6</sup> is conducted.
- b. Unlike the German quarantine rules that are applied if a person stays 72 hours or more in a risk area, **RAB does not apply that rule.** Anything longer than a fuel stop constitutes having spent time there and quarantine (base exclusion) applies. Those

<sup>5</sup> This is conditions-based. If reasonable distancing cannot be achieved in the home, then the household may be included in base restriction. This should be discussed with the traveller's NATO and UK Chain of Command.

<sup>6</sup> Life Support can be considered as medical appointments, essential shopping activities or normal daily routine.

planning day trips outside Rhineland Pfalz should **check the RKI Heat Map on the morning of travel**, to avoid travel to red areas that would constitute base exclusion.

c. There is no retrospective 10 day quarantine applied. If the area you have left was not deemed high risk or 'red' when you left, you do not have to quarantine on return.

d. The quarantine period can be shortened and entry to RAB regained by a negative COVID test result,<sup>7</sup> in the following instances:

- i. **You were TDY (On temporary duty) or newly posted in.** If you travelled to a high-risk area for TDY or you are posted in from a risk area, you can test after Day 5 (ie. Day 6 or later).
- ii. **You were on leave/personal travel.** If you travelled to a high-risk area for leave or for personal reasons, you can test on or after Day 8.<sup>8</sup>

### Travel to/from the UK

5. All UK duty travellers coming from a risk area, which includes new arrivals to Rhineland Pfalz, must discuss their options with their UK Line Manager and NATO Chain of Command. The DSNR must be informed (by UK Line Manager or the SP) for HQ AIRCOM COVID reporting and UK tracking purposes.

6. Since Mon 18 Jan 21, the UK Government have suspended all travel corridors from locations exempt quarantine until further notice. This law applies to all areas of the UK. Therefore, all travellers arriving in the UK are required to produce a negative test result from a test conducted no more than 72 hours old and then are required to undertake 10 days quarantine. Failure to produce a test result on arrival will result in a £500 fine, and failure to quarantine could result in a £10,000 fine.

7. At present, the Robert Koch Institute considers the UK as an **area of variant of concern**, meaning most of the recent infections have been due to a more transmissible variant of COVID-19. Therefore travel to Germany from the UK is not permitted without a negative test result **at the point of departure**. Testing after arrival from the UK is no longer permitted.

\* Test results can take 3-5 days to be communicated.

### Unexpected changes

8. It is appreciated that changes to the RKI risk list can happen without warning whilst away. The following guidance is offered:

- a. Personnel already on leave in location when added to RKI risk list, **will not** be expected to use their ILA balance to satisfy local or RAB quarantine requirements on return.
- b. Personnel on TDY, NATO or UK business to an existing or newly added RKI risk location or high incidence area with virus mutations, **will not** be expected to use their ILA balance to satisfy local and base quarantine requirements on return.

<sup>7</sup> Anyone who is or has had significant close contact with a confirmed case will not be able to test out of quarantine.

<sup>8</sup> The day you arrive back is Day 0. Day 1 is the day following your arrival date back in Rhineland Pfalz.

9. This guidance note will be updated in line with any changes to national, local or RAB ordinances.

## **SNR**

Appendices:

1. ENGLISH LANGUAGE Mirror Guide to Completing Local Health Authority Form. *(Please only submit the German language form.)*
2. ENGLISH LANGUAGE Guidance to the Test Centres in Ramstein, Schwedelbach and Kaiserslautern.

Useful links:

[COVID-19 testing for people travelling to England](#)

[COVID-19 testing for people travelling to Scotland](#)

**Mirror Guide to Completing the Local Health Authority Form**

I am returning from a travel journey and hereby I inform the responsible health department.

This form can be filled out on the PC, if you process it manually, please fill out in block letters

<b>Surname:</b>	<b>First name:</b>
Gender: male / female / div.	Date of birth
Street, house number:	
Post code, residence:	
Mobile/landline number:	
Email address:	
Entry Date:	from which country: Province if applicable:

**67655 § RVO** Risk Area / return travellers

Is the country a risk area? Yes No

<b>For all travellers from a risk area:</b>	
I would like to comply with my obligation to report to the competent authority follow the BMG's order from August 2020.	
<b>Please enter information about your itinerary here:</b>	
<b>Stayed in Country</b>	<b>from – till</b>
<b>As an entry from a risk area you are obliged (15. CoBeLVO §19 1,2) yourself in a 10-day quarantine. Please enter the period here:</b>	
<b>Entry date (= day 0)</b>	<b>Last day of quarantine (= day 10)</b>
<b>Please enter your address during the quarantine:</b>	
<b>Street, house number:</b>	
<b>Post code, residence:</b>	

For all travellers:

Please send the **proof of stay** (e.g. flight tickets, hotel bill, etc.) with the **completed form** by email to:

[Reiserueckkehrer@kaiserslautern-kreis.de](mailto:Reiserueckkehrer@kaiserslautern-kreis.de) and Cc. [GSO-GEO-HNLO-GpMailbox@mod.gov.uk](mailto:GSO-GEO-HNLO-GpMailbox@mod.gov.uk) please.

Do you have any of the following symptoms:

cough	yes	no	fever	yes	no
loss of taste	yes	no	breath shortness	yes	no
loss of smell	yes	no			

**I am returning from a travel journey and hereby I inform the responsible health department.**

As a **returnee from a risk area**, I would like the according to (15.CoBeLVO §21 1,2) shorten domestic quarantine to be completed. Due to the context I have already carried out a test for SARS-CoV-2 or would like to still carry it out.

Test took place on the return journey at a test centre (in Germany or abroad) on:

Test is carried out by a resident doctor or in a corona practice / outpatient department on:

If you are returning from a risk area, please send your test result to:

[Reiserueckkehrer@kaiserslautern-kreis.de](mailto:Reiserueckkehrer@kaiserslautern-kreis.de) please.

You must strictly adhere to the **return trip quarantine** (RKI-Flyer) until the Test result is available at the health department. Compliance with the quarantine is determined by the local responsible regulatory office monitored. As soon as the negative result at the health department is present, you are released from quarantine. There is no confirmation of receipt for it. Please keep your laboratory results with you for 14 days.

**If you can't take a test at one of the major test centres at airports, train stations or motorways, and you can't find a doctor's office or corona outpatient clinic by calling 116 117, you can use the Test Centre in Kaiserslautern or Schwedelbach.**

But then you have to fill out the following section please:

**The test is to be carried out in the CTZ Schwedelbach or CTZ Am Warmfreibad Kaiserslautern) (Tick to select Test Centre on the form)**

Notes when registering at the test centre I have read and confirm:	yes	no
Notes on date protection I have read and confirm:	yes	no
I consent to the <b>transmission of the test result to the Corona Warning App</b>	yes	no
I have read the information on data protection in the Corona App and confirm	yes	no

An employee of the health department will register you in the test centre.

For information you will be placed in cc in this mail.

As part of an administrative procedure, personal data is also collected and saved. We have provided more information on our webpage about the EU General Data Protection Regulation.

I have read the form completely and confirm my details: yes

Please send this form, if necessary together with your evidence

to [Reiserueckkehrer@kaiserslautern-kreis.de](mailto:Reiserueckkehrer@kaiserslautern-kreis.de) and Cc. [GSO-GEO-HNLO-GpMailbox@mod.gov.uk](mailto:GSO-GEO-HNLO-GpMailbox@mod.gov.uk)

**Your Application will only be processed on workdays until 12:00 PM**

## Notes on the CTZ Schwedelbach

**Address:** Am Kiefernkopf 22 67685 Schwedelbach

**Opening hours:** Mon, Tue & Thu from 4 pm to 7 pm

**Where is the test centre located?** The test centre is located at the above address in Schwedelbach. The access road, coming from the L369, is directly at the entrance of Schwedelbach on the right. The driveway is signposted.

**Who will be tested?** • Persons with symptoms that indicate COVID-19 – referral to the test centre is made by a registered doctor. Persons who are referred by the Kaiserslautern Health Office as part of a contact person tracking or new arrivals to the Pfalz.

**Important:** Only those who visit the test centre with a referral from their family doctor or the Kaiserslautern health office receive a smear. The transfer will be sent directly to the test centre. You do not have to bring the transfer yourself.

**What is the procedure in the test centre?** The test centre is based on the principle of drive-in. The smear is done through the side window. You are not allowed to leave the car during your entire stay on the premises of the test centre! In the case of a backlog, the competent public order office will direct all other arriving cars to wait for a parking space on the other side of the L369. Do not leave your car there and follow the instructions of the local officials.

**Notes:** On average, 30 to 40 smears per hour can be made. On high-volume evenings, there may be longer waiting times of up to one hour. Stay calm and wait in your car. There is no possibility to visit a toilet on site. The crowd is greatest at 1600.

**What do I have to bring?** Before the smear is made, you must identify yourself. For this purpose, have a valid identification document (e.g. identity card) ready. You will also be asked to provide your contact details. For this purpose, please have a valid landline and/or mobile phone number available, as well as the address where you are staying if a quarantine has been ordered from yours.

**Who performs the smears?** The smears are carried out by paramedics and doctors. You take the smears in protective clothing through the open car window.

**When will I receive the test result?** The samples are sent to a laboratory after the test centre has been closed. It usually takes two to four days to get a test result. Until you are informed about the test result, you must comply with an isolation/quarantine!

**From whom do I get the test result?** The result will be communicated to you by the issuer of your bank transfer by telephone or e-mail:

If your GP has referred you, your GP will receive the result

If the health board has referred you, the health board will get the result.

## Notes on the CTZ Kaiserslautern

**Address:** Am Warmfreibad 1 67657 Kaiserslautern

**Opening times:** Mon, Wed & Fri from 3pm to 6pm

**Where is the test centre located?** The test centre is located at the above address at the hot outdoor pool. Due to the one-way traffic control, the access is via the Stiftswaldstraße. The driveway is signposted.

**Who will be tested?** Persons with symptoms that indicate COVID-19 – referral to the test centre is made by a registered doctor. Persons who are referred by the Kaiserslautern Health Office as part of a contact person tracking or new arrivals.

**Important:** Only those who visit the test centre with a referral from their family doctor or the Kaiserslautern health office receive a smear. The transfer will be sent directly to the test centre. You do not have to bring the transfer yourself.

**What is the procedure in the test centre?** Upon arrival by car, queue up or drive to the parking lot there. Do not leave your car and follow the instructions of the local officials. Upon arrival on foot, follow the instructions of local officials.

**Notes:** Please pay attention to weather-adapted clothing. A canopy in the waiting area is not appropriate. On average, 30 to 40 smears per hour can be made. On high-volume evenings, there may be longer waiting times of more than an hour. Stay calm and wait in your car. There is no possibility to visit a toilet on site.

**What do I have to bring?** Before the smear is made, you must identify yourself. For this purpose, have a valid identification document (e.g. identity card) ready. You will also be asked to provide your contact details. For this purpose, please have a valid landline and/or mobile phone number available, as well as the address where you are staying if a quarantine has been ordered from yours.

**Who performs the smears?** The smears are carried out by paramedics and doctors. You take the smears in protective clothing through the open car window.

**When will I receive the test result?** The samples are sent to a laboratory after the test centre has been closed. It usually takes two to four days to get a test result. Until you are informed about the test result, you must comply with an isolation/quarantine!

**From whom do I get the test result?** The result will be communicated to you by the issuer of your bank transfer by telephone or e-mail:

If your GP has referred you, your GP will receive the result

If the health board has referred you, the health board will get the result.



**Notes on the Corona-Schnelltestzentrum-Ramstein** ([www.coronatest-ramstein.de](http://www.coronatest-ramstein.de))

**Address:** Springer Fitness Centre, 1<sup>st</sup> Floor DLZ Bldg, 29 Landstuhler Str, Ramstein

**Opening times:** Mon, Tue, Thu & Fri from 7am to 6pm.  
Wed, 3pm – 6pm.

**Where is the test centre located?** The test centre is located at the above address.

**Who will be tested?** Persons without symptoms COVID-19 only – no referral is required, Those requiring a test to shorten mandatory quarantine.

**What is the procedure in the test centre?** No referral is required. Booking is done via phone on 0157 3823 0914 or by email on [info@coronatest-ramstein.de](mailto:info@coronatest-ramstein.de) The staff will engage in English.

**What do I have to bring?** Appropriate form of identification is advised.

**Do I have to pay?** Yes. Payment is via Paypal in advance or cash on the day, but note they don't yet have card payment facilities on-site so you can't use card in-person. **The cost is 45 Euros** per adult (or 80 Euros for 2) and 40 Euros for U-18s.

**Who performs the smears?** The smears (which are throat only) are carried out by the staff in the facility. The test is not self-administered.

**When will I receive the test result?** Within 15 mins.

**Notes:**

- This test is reported to have 99.9% specificity and 97.56 sensitivity, therefore it meets the requirements laid out for entry to the UK.<sup>9</sup>
- Try to arrive 10 mins before your appointment to allow for registration. **Results are usually available in approx 15 mins**, and you're provided with a test certificate which you can then e-mail to the local health authority or transport carrier/UK border staff if travelling to the UK.

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<sup>9</sup> Current UK standards for testing is that they should achieve  $\geq 97\%$  specificity,  $\geq 80\%$  sensitivity at viral loads above 100,000 copies/ml