

# Important guidance if you have tested positive for novel coronavirus



## What to do if you test positive for novel coronavirus?

### Self-isolate

- Stay at home. Do not go to work, school, the gym, out shopping etc. This also applies if you do not have any symptoms and do not feel ill.
- Avoid close contact with people you live with.
- Make sure to wear a CE-marked face mask if you need to leave your home for a short period of time, for example to go the hospital.

If you are unable to keep sufficient distance from those you live with, for example because your home is very small, or because you live with someone at higher risk of severe illness from COVID-19, then you may be offered a voluntary stay at an out-of-home quarantine facility, for instance at a hotel. Contact your municipality to learn more about your options.

### Focus on hygiene and cleaning

- Wash your hands with soap and water several times a day, and do not share towels with others.
- Avoid touching your face. Cough or sneeze into your sleeve or into a disposable tissue/kitchen roll paper.
- The room(s) you spend time in while you are ill should be cleaned daily. Use the cleaning products that you normally use.
- Air out several times a day.

### Find out who you have been in close contact with

- It is important to inform the people you have been in close contact with that they may also have become infected. You will receive a letter in your e-Boks and be contacted by someone from *Coronaopsporing*, who can help you determine who your close contacts are. You have the option of speaking to an interpreter if you do not speak Danish.
- You can also call *Coronaopsporing* yourself on tel. 32 32 05 11 (press 1).

You can read more about close contacts and contact tracing in the pamphlet [Important guidance for close contacts](#).

### **When should I call my doctor?**

Call your doctor if you are concerned about your symptoms or if your symptoms get worse. Always remember to call first – never show up at your doctor's office without having made an appointment first.

### **What should those I live with do?**

If you have tested positive for novel coronavirus, the people you live with are your close contacts. They must therefore also self-isolate and get tested. More information: [Important guidance for close contacts](#).

### **When can I stop self-isolating?**

- If you have had symptoms, you can stop self-isolating when you have been symptom-free for 48 hours. Please note that any loss of sense of taste and smell may persist for longer. This does not mean that you are still contagious.
- If you have not had any symptoms, you can stop self-isolating 7 days after you had your test done.

You do not need to be tested again to be regarded as having recovered.

#### Especially about children

Most children only develop mild symptoms of COVID-19, and children should generally follow the same guidance as adults. Therefore, children with symptoms of COVID-19 should also be kept at home and be tested, and follow the same guidance as adults who test positive.

Please remember that children need loving care and physical contact like hugs and comforting, and that this is far more important than keeping your distance. This applies regardless of whether it is you or your child who tests positive.

When a child tests positive, the school or childcare institution management is notified, so they can take the necessary precautions and inform the parents of the other children who may have been exposed to infection.

You can [read more about children at our website](#) or in the pamphlet [What to do if you test positive for novel coronavirus](#).

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