

Important guidance for close contacts



What to do if you are told you are a close contact?

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 be tested.

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.

Get tested twice

1. Call 70 20 02 33 (press 2) for guidance. You will also receive an ID number that you will need to get a referral for your two tests.
2. Call 32 32 05 11 (press 2) to get a referral for the two tests. When you call *Coronaopsporing*, you will be given priority as a close contact.
3. Then go to coronaprover.dk (in English) to book the two tests.

In some situations, the test recommendations may differ from those mentioned above, for example if you are constantly exposed to infection because you are caring for a child who is infected. In this situation, *Coronaopsporing* can help you determine when you should be tested. Call 70 20 02 33 (press 2) for guidance, or learn more in [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#).

What should those I live with do?

The people you live with are not close contacts just because you are. This means that they do not have to stay at home and can go to work, school etc. It is only if one of your two tests is positive that those you live with become close contacts and have to self-isolate and get tested themselves.

What should I do when I get my test result?

Positive test result: A positive test result means that you are infected with novel coronavirus, and you should therefore stay at home and continue to self-isolate. More information:

[What to do if you test positive for novel coronavirus.](#)

Negative test result: If your first test is negative, you no longer have to stay at home and self-isolate, and you can go back to work, school etc. Please note that it is important that you also take the second test, to make absolutely sure that you are not infected. However, if you have been constantly exposed to infection, for example because you live with an infected person, you must continue to self-isolate until you get confirmation that your second test was also negative.

When are you a close contact?

You are a close contact if you have been in close contact with someone who is infected with novel coronavirus during one of the following periods:

- Infected person with symptoms: From 48 hours before the person's symptoms started and until 48 hours after the person's symptoms stopped.
- Infected person without symptoms: From 48 hours before the person was tested and until seven days after.

You have been in close contact with an infected person if, for example, you live together or have hugged each other. You may also have been sitting close together for a long period of time, or have been standing close to each while singing, shouting, working out etc. More information

[What to do if you are a close contact of a person who has tested positive for novel coronavirus.](#)

You are only considered a close contact if you have been close to someone who has tested positive for novel coronavirus. You are *not* considered a close contact if that person tests negative or before that person receives his or her test results. If you are unsure whether you are a close contact or not, you can call Coronaopsporing on tel. 70 20 02 33 (press 2).

Especially about children

Children should follow the same guidance as adults if they are close contacts – including self-isolation and testing. However, you may choose not to test children aged 12 or younger who are close contacts and do not have any symptoms, if it is too uncomfortable for the child to get tested. Instead, you must keep the child at home for 7 days after he or she was last in close contact with the infected person.

You can read more about children at our website or in [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#)

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