

# 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.

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.

### Get tested twice

1. Call 32 32 05 11 for advice on how to proceed and to find out what days you need to have your two tests taken. You will also get a referral for your tests.
2. Then go to [coronaprover.dk](https://coronaprover.dk) to book the two tests.

In some special situations, the test recommendations may differ from those mentioned above. For example, if you are constantly exposed to infection or if you care for a child who is infected. In these circumstances, *Coronaopsporing* can help you determine when you should be tested. Call 32 32 05 11 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?

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. Therefore, they do not have to stay at home *if* you can avoid close contact with them while you wait for your test results (e.g. by staying in your own

room). If you cannot avoid close contact with them, you can contact your municipality to see if you can be offered voluntary stay at an out-of-home quarantine facility. If you are not offered a stay, they also have to self-isolate until you get your last negative test result.

## 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. Read more in [Important guidance if you have tested positive for novel coronavirus](#).

**Negative test result:** You must continue to self-isolate even if your first test is negative. It is only when your second test comes back negative – and you do not have any symptoms of COVID-19 – that you no longer have to stay at home and can stop self-isolating. However, if you have been constantly exposed to infection, for example because you live with an infected person and you are tested three times, you must continue to self-isolate until you get confirmation that your third 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 7 days *after*.

You have been in close physical contact with someone infected with novel coronavirus if, for example, you live together, you have hugged each other, or you have been sitting closely together for an extended period.

You are not considered a close contact until someone you have been in close physical contact with has tested positive for novel coronavirus. While that person waits for this test results to come back or if he tests negative, you are *not* a close contact. If you are unsure whether you are a close contact or not, please call Coronaopsporing on tel.: 32 32 05 11.

### Especially concerning 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](#).

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