

Guidance from the Danish Health Authority

# Socialising during the COVID-19 epidemic

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# Important information about novel coronavirus/COVID-19

COVID-19 is the name of the disease caused by infection with novel coronavirus.

## Infection

To prevent the spread of infection, it is important to know how novel coronavirus is transmitted.



**Contact spread:** If someone who is infected with novel coronavirus has virus-infected saliva or snot on their hands, they can pass on the infection directly to others, for example by shaking hands with them. An infected person can also deposit the virus on surfaces such as door handles when coughing/sneezing or when touching the surfaces with contaminated hands. The next person who comes along and touches the same surface can then become infected when touching his or her own nose, eyes or mouth.

**Droplet spread:** An infected person can spread droplets containing the virus through coughing or sneezing. These droplets can be inhaled by another person or land in their eyes, nose or mouth.

## Symptoms

Typical symptoms of COVID-19:



Dry cough

Fever

Difficulty breathing

Sore throat

Loss of sense of taste and smell

Muscle pain

## General guidance on how to prevent infection

1. Self-isolate if you have symptoms of COVID-19, have tested positive or are a close contact of someone infected with novel coronavirus.
2. Wash your hands often or use hand sanitiser.
3. Cough or sneeze into your sleeve.
4. Do not shake hands, hug or kiss as a greeting.
5. Make sure to clean thoroughly – both at home and at work.
6. Keep your distance and ask others to be considerate.



If you are unable to comply with one of the recommendations, make sure that you comply with the others.

## 1. Socialising during the COVID-19 epidemic

During the cold-weather months when we spend most of our time indoors – and at a time when the number of infected people in society is increasing – it is more crucial than ever to prevent the spread of novel coronavirus. We must therefore see fewer people, for shorter periods, and not have contact with too many different people.

In this way, we can all help prevent the spread of infection and still be able to go to school and work.

## 2. Limit the number of social contacts

### Your social circle during COVID-19

- Stick to a few people
- Stick to the same circle of friends and relatives
- Only see each other for a short period of time

#### Therefore, you must:

- Stick to the same small circle of no more than 10 different persons in addition to the people you live with. This does not include your workplace, school and leisure activities
- If possible, you should meet each other outdoors
- Cancel appointments with people you do not normally see
- Stay in touch without meeting physically, for example via a virtual meeting

### Keep your distance

- Keep a distance of one metre to others, and two metres to people who are at higher risk
- Do not shake hands, hug or kiss as a greeting
- Plan how you can make it easier to keep a distance to others, for example by meeting outdoors, choosing a place with few people or less physical activities

### Stay at home and avoid socialising with others if you are ill

- Anyone with symptoms of COVID-19 – and anyone who has tested positive or is a close contact of someone who is infected with novel coronavirus – must self-isolate and make sure to be tested
- Speak openly about not being able to meet if you have symptoms or have been in close contact with someone who is infected

### Stay in touch in other ways than by meeting physically

- Keep in touch by phone or video calls where you can see each other for a chat over a cup of coffee. You can also meet online with your book club or to play games with your friends.

### Children

- Children must follow the same guidance as adults
- Limit your child's play dates with children that he or she does not usually play with
- Help children maintain good hand hygiene, avoid hugs and encourage them to play outdoors as much as possible

## 3. Private gatherings in your own home

### Keep social gatherings to a minimum

- Invite only a few people
- Never be more than 10 people, including you and your household members, no matter how big your house is
- The smaller your living room, the fewer guests you can have
- Keep the visit short and encourage your guests to leave early. For example, skip welcome drinks and dessert
- Plan for a seated event
- Maintain a distance of at least 1-2 metres from nose to nose – both when you are seated and when you are moving about

### Clean and air out the rooms

- Clean thoroughly both before and after you meet, especially surfaces that are touched by several people, for example door handles, handrails, light switches, table edges etc.
- Air out the rooms before the guests arrive, after they have gone and preferably also during the gathering

### Focus on hygiene

- Make it easy for your guests to maintain good hand hygiene. For example, make sure your guests have access to hand sanitiser. Use disposable towels or paper napkins instead of towels
- Avoid shared bowls with snacks, chips and sweets. You can serve these in small bowls or small glasses, so the guests can each have their own portion
- Keep good hygiene when preparing and serving food. Serve the food in portion sizes, or make sure all guests have their own cutlery

### Festive moments

- You must be at least two metres apart if you are going to sing. Consider whether it is necessary to sing and whether you could sing outdoors
- Avoid loud background noise, for example by turning the music down or off, as it can make people talk louder, or move closer to each other to be able to hear
- Avoid group games like word games with a high activity level and plan less physical activities instead. Move the game outdoors if possible.

## 4. Want to know more?

The Danish Health Authority has a number of publications if you would like to read more about how you can prevent the spread of novel coronavirus in your daily life. [Please go to our website](#) to see which publications are available in English.