

# 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 cannot maintain adequate distancing from the people you live with, you may be offered the voluntary option of isolating outside of your home in a location such as a hotel. Contact your municipality to learn more about your options.

### Focus on hygiene and cleaning

- Wash your hands several times a day, and do not share towels with others.
- Avoid touching your face. When you cough or sneeze, do so into your sleeve.
- 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 Coronaopsporing on 32 32 05 11 to seek advice and a referral for a PCR test.  
If you do not speak Danish, you can talk to an interpreter.
2. Then go to [coronaprover.dk](https://coronaprover.dk) to book the two PCR tests.

In some situations, recommendations may differ as regards the number of tests. 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 find out when you should be tested.

#### If you are fully vaccinated

You are fully vaccinated 14 days after your second vaccination. If you have been notified that you are a close contact, you do not need to self-isolate. We still recommend that you be tested twice as a close contact. If you experience symptoms of COVID-19, you should self-isolate.

#### If you have previously been infected with novel coronavirus

If you tested positive for novel coronavirus within the past 12 months, you do not need to self-isolate. If it has been less than 12 weeks since you tested positive, you do not need to be tested again. If you experience symptoms of COVID-19, you should self-isolate.

## 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). However, they should be tested as close contacts of a close contact. Contact Coronaopsporing for guidance.

## 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 self-isolate.

## 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 contact with an infected person if, for example, you live together or have hugged each other. Or you may have been sitting or standing closer to each other than the recommended distance for more than 15 minutes. You are not considered a close contact until someone you have been in close contact with has tested positive for novel coronavirus. If you are unsure whether you are a close contact or not, please call Coronaopsporing on tel.: 32 32 05 11.

### Special considerations for 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 the Danish Health Authority's website: [Especially about children](#)

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

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