

[ engelsk ]

# Important guidance if you have tested positive for novel coronavirus



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

Whether you have tested positive with a PCR test or a quick test, you must:

### 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 example to go to hospital.

If you cannot keep your distance from those you live with, for example because your home is very small or because you live with someone who is at higher risk of severe illness from COVID-19, you can contact your municipality for a voluntary out-of-home stay at a self-isolation facility, for instance, 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.
- Open windows and doors to ventilate your home 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. If you do not speak Danish, you can talk to an interpreter.
- You can also call Coronaopsporing yourself on tel.: 32 32 05 11.

You can read more about close contacts and contact tracing in the pamphlet [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#)



## If you tested positive with a quick test?

If you tested positive with a quick test, you must do a follow-up PCR test as soon as possible. Coronaopsporing issues a referral for the test, which you can book yourself at [coronaprover.dk](https://coronaprover.dk). Read more in: [What to do if a rapid test shows that you are positive for COVID-19?](#)

## 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. 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 completely symptom-free for 48 hours.
- if after 10 days of illness you have been fever-free for 48 hours (without use of fever-suppressing medicines such as Panodil), if you feel significantly better and have only mild residual symptoms, such as loss of sense of taste and/or smell, a slight cough, fatigue, etc.

If you have not had any symptoms, you can stop self-isolating 7 days after you had your test.

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 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 has tested positive.

When a child tests positive, the school or childcare institution management is notified, allowing them to take the necessary precautions and inform the parents of the other children who may have been exposed to infection. [Learn more at our website](#).