Guidance from the Danish Health Authority

Socialising during the COVID-19 pandemic

21 May 2021

In this pamphlet, you can find our guidance for socialising in your everyday life and for social events at home.
1. **Everyday socialising**

As more and more people are vaccinated, and the weather is getting warmer, we can gradually return to a more normal life. You can now meet with several people, but remember the guidance on infection protection that we have all become used to during the pandemic.

**Keep your distance**

- Keep a distance of at least 2 metres when possible, and always at least 1 metre from others. Keep 2 metres away from people at higher risk of severe illness from COVID-19 and who are not fully vaccinated.
- Avoid handshakes, hugs and kisses on the cheek when greeting each other if you are not fully vaccinated.
- Plan how to make it easier to keep your distance.
- If you are going to meet with someone you don’t usually see, it is a good idea to meet outdoors.

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

- If you have symptoms of COVID-19, you should self-isolate and have a PCR test even if you are fully vaccinated.
- Speak openly about not being able to meet if you have symptoms or have tested positive for novel coronavirus.

**Children**

- Children must follow the same guidance as adults.
- It is a good idea to let your child play outside with other children they don’t usually play with.
- Help children maintain good hand hygiene and to avoid hugs and close contact for extended periods of time.

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**If you are fully vaccinated, you can:**

- Be together with other fully vaccinated people without keeping your distance or wearing a face mask.
- Be together with family or close friends who are not vaccinated without keeping your distance or wearing a face mask. This does not apply if you are spending time with someone at higher risk of becoming severely ill from COVID-19, and the person is not yet fully vaccinated.
2. Social events at home

When there are many people together in an informal setting, it can be difficult to comply with recommendations on distancing and hygiene, which means the risk of infection increases.

You should therefore remember that the smaller your home is, the fewer guests you can have to visit. You can also read more about the size of gatherings at en.coronasmitte.dk.

Open windows and doors and ventilate your home regularly.

- If there are several people inside, ventilate often – for example before and after visits
- Clean both before and after you meet, especially surfaces that are touched by several people, for example door handles, handrails, light switches, table edges etc.

Focus on hand hygiene

- Make it easy to maintain good hand hygiene. For example, make sure your guests have access to hand sanitiser. Use disposable towels or paper napkins instead of shared hand towels.
- Avoid sharing bowls of snacks. You can serve these in smaller bowls, so the guests can have their own portion.
- Maintain good hygiene when preparing and serving food. Prepare the food in advance, or make sure that everyone has their own cutlery with them.

Large social events

If you are holding a large event, you can find guidance on how you can best comply with our recommendations on how to prevent infection in the pamphlet Private events, parties and celebrations during the COVID-19 pandemic

If you take a test before a social event

Remember that a test result only provides a snapshot, so it is important that you continue to comply with the infection prevention recommendations – even if your test is negative.

3. Want to know more?

Please go to our website to see a list of all current publications in English – such as pamphlets, posters and films.