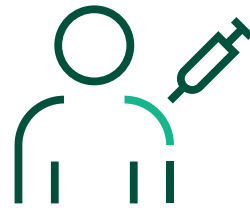


Guidance from the Danish Health Authority

What to do when you have been vaccinated



23 April 2021

In this publication, you can read our recommendations on what to do when you have been fully vaccinated. You are fully vaccinated 14 days after your second injection, whichever vaccine you have received.

As more and more people are fully vaccinated, life will gradually and slowly return to normal. We know that people who have been fully vaccinated are well protected against COVID-19, including those at higher risk of becoming severely ill from COVID-19. Current knowledge also suggests that the approved vaccines against COVID-19 are instrumental in preventing the spread of infection. On this basis, we can now begin cautiously and gradually to lift some of our infection prevention measures for those who have been fully vaccinated.

However, we do not yet know how long immunity lasts. We are monitoring developments and research closely, and adapting our recommendations as we learn more about the vaccines and their efficacy.

Recommendations for *everyone* who has been fully vaccinated

The added protection that vaccination gives you means that:

- You can socialise with other fully vaccinated people without needing to keep your distance or wear a face mask
- You can spend time with your family or close friends who are not vaccinated without keeping your distance or wearing a face mask. This does not apply if you spend time with a family member or friend who is at higher risk of becoming severely ill from COVID-19, and that person is not yet fully vaccinated
- As a close contact of someone who is infected, you do not need to self-isolate if you do not have any symptoms of COVID-19. However, you must still get tested if you are a close contact
- You do not need to be tested regularly



You must remember that even though you are fully vaccinated, you must always follow the recommendations and self-isolate and be tested if you experience symptoms of COVID-19. This is because the vaccines are not 100% effective. There is therefore always a small risk that you may become infected and ill with COVID-19 even if you have been fully vaccinated.

Until more people are vaccinated and we know more, we still recommend that you follow the guidelines **in public areas** – even if you are fully vaccinated.

Remember to follow the six general guidelines to prevent infection

1. Keep a distance of at least 2 metres when possible, and always at least 1 metre. Avoid handshakes, hugs and kisses on the cheek
2. Stay at home and get tested if you experience symptoms
3. Open windows and doors and ventilate your home regularly. Avoid being too many people together indoors
4. Cough or sneeze into your sleeve
5. Remember to wash your hands often or use hand sanitiser
6. Clean thoroughly and regularly, especially surfaces that are touched by many people



Recommendations for people at a higher risk who are fully vaccinated

The vaccines provide added protection and reduce the risk of severe illness from COVID-19. Therefore, as a person at higher risk, you do not need to take special precautions.

The added protection that vaccination gives you means that:

- You can behave like other fully vaccinated people, and you do not need to take any special precautions, for example wear a face mask at private gatherings
- You can participate in activities together with other people, for example leisure activities
- You can use public transport and shop at any time of day, i.e. not just during non-peak hours
- You can basically go to work as usual, and without having to be reassigned to other tasks. However, you should still not participate in the care or treatment of suspected or confirmed COVID-19-cases, for example in an A&E department or on a COVID-19 ward
- Relatives of someone at higher risk do not need to be reassigned to other tasks once the person at higher risk – or the relative – has been fully vaccinated