

What to do if you are a close contact of someone who has tested positive for novel coronavirus

In this pamphlet, you can find answers to some of the questions you may have if you are a close contact of someone who has tested positive for novel coronavirus. You can read about the definition of a close contact, what to do if you are a close contact, when to be tested etc.

18th January 2022



Why is it important to trace close contacts?

Most people who become infected with novel coronavirus develop covid-19 symptoms within 1 to 14 days of having been exposed to the virus. The majority experience symptoms after about 5-6 days. Especially in the days leading up to the person developing symptoms, there is increased risk of infecting others. There are also some infected people who do not develop symptoms, but who can still infect others.

If you have contact with a person infected with covid-19, you are at higher risk of becoming infected yourself, especially if you live with the infected person. It is therefore important that, as a close contact, you follow the recommendations and guidance in this pamphlet. In this way, you can prevent that you infect others if it turns out that you have been infected, and you can help break the chains of infection.

Tracing of close contacts and other contacts is only initiated if a person has tested positive for covid-19 through either a PCR test or a rapid test. In case of a positive self-test, tracing of contacts is only to be initiated if the subsequent PCR test is positive.

Are you a 'close contact' or 'other contact'?

Both persons who are close contacts and other contacts of an infected person are at higher risk of being infected themselves. To be either a 'close contact' or 'other contact', you need to have been close to an infected person 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 seven days after.

Figure 1. Period for identification of close contacts for persons with symptoms



Figure 2. Period for identification of close contacts for persons without symptoms



Whether you are a close contact or other contact depends on where you have been close to the infected person. You are a 'close contact' if you have been close to an infected person at home or the like, while you are 'other contact' if you have been close to an infected person outside the home.

See below for further details.

Close contact

If you have been in close contact with an infected person in one of the above periods, you are considered a close contact if you *also* meet at least one of the following criteria:

- You live with the infected person.
- The infected person is your boyfriend/girlfriend, but you do not live together.
- The infected person is your roommate at your boarding school, camp school or the like.
- You have stayed overnight with the infected person or the infected person has stayed overnight with you.

If you are a close contact, you can read more in this information material about what to do,

Other contact

You are 'other contact' if you have been close to a person who has been infected with coronavirus. This will often be someone in your social circle or someone you frequent on a daily or regular basis. Examples of such persons are:

- Colleagues you have stood or sat next to at work;
- People you have had lunch or dinner with;
- Guests in your home;
- People you have sat next to at a meeting with/had classes with;
- Classmates in the regular class or all the children in the section in the childcare institution;
- Boarding school classmates and the like with whom you have not shared a room;
- If you have attended an event with one or more infected persons.

If you are 'other contact', you can read about what to do in the Danish Health Authority's information material [What to do as 'other contact' of a person who has tested positive for novel coronavirus](#)

Children

Recommendations for close contacts and other contacts apply to both children and adults. However, children aged under 3 are only recommended to be tested if they have symptoms of covid-19.



If your child is a close contact and is not tested, you are recommended to keep your child at home in isolation up to and including seven days after he or she was last in contact with the infected person.

If your child is 'other contact' and is not tested, it is recommended to pay special attention to whether your child develops symptoms and to remember the [guidance on how to prevent infection](#).

How are you notified that you are a close contact?

You will typically be notified that you are a close contact by:

- Being contacted by the infected person himself/herself;
- By receiving a call from the Coronaopsporing team, who can help infected people trace close contacts if required.

What are you recommended to do as a close contact?

If you can keep your distance from the infected person:

As a close contact, there is no way of knowing whether you are infected until you have been tested. Therefore, we recommend that you do the following:

If you have received your third vaccination or have been infected within the past 12 weeks.

- You do *not* need to self-isolate. Remember to still follow [the Danish Health Authority's guidance on how to prevent infection](#) and pay special attention to the development of symptoms.
- Get tested with a rapid test as soon as possible. Then take a PCR test on day 4 and day 6 after you were last in contact with the infected person. If you cannot get a PCR test on day 6, you can take a rapid test*.
- If you experience symptoms of covid-19, you must self-isolate immediately (see pages 8-9) and get a PCR test right away.
- If one of your tests is positive, you must self-isolate immediately (see pages 8-9). You can also read more at the Danish Health Authority's [website](#).

* If it has been less than 12 weeks since you tested positive for covid-19, you do *not* need to be tested with either a rapid test or a PCR test. In fact, you can still test positive during this period even if you have recovered and no longer transmit the virus. However, if you experience symptoms of covid-19, you are recommended to get tested.

If you have *neither* received your third vaccination nor been infected within the past 12 weeks.

- Self-isolate immediately (see pages 8-9).
- Get a PCR test on day 4 and day 6 after you were last in contact with the infected person. If you cannot get a PCR test on day 6, you can take a rapid test.
- You can stop self-isolating if your PCR test on day 4 is negative.
- If you test positive on one of your tests, you must continue to self-isolate (see pages 8-9). You can also read more at the Danish Health Authority's [website](#).

If you cannot keep your distance from the infected person:

If you have continuously had close contact with an infected person in your household and the infected person is *not* able to self-isolate and keep a distance from the other household members, other recommendations for self-isolation and testing apply to you. This may, for example, be the case if you have an infected child and therefore cannot keep your distance. In these situations, you will be exposed to infection on an ongoing basis, and you are therefore recommended to do the following:

The recommendations apply to everyone, including people who have received their first, second or third vaccination or have previously been infected with covid-19:

- Self-isolate immediately.
- Get tested with a rapid test as soon as possible.
- Get tested with a PCR test* after the person has become infection-free, that is when the person has been symptom-free for 48 hours**. If the infected person does not have any symptoms, this means seven days after the person tested positive. Get tested with a PCR test immediately if you experience symptoms of COVID-19.
- You can stop self-isolating when your last test is negative. If you have been infected within the past 12 weeks and have therefore not been tested, you can stop self-isolating when the person has been symptom-free for 48 hours. If the infected person does not have any symptoms, this means seven days after the person tested positive.
- If you experience symptoms and/or test positive on one of your tests, you must continue to self-isolate (see pages 8-9). You can also read more at the Danish Health Authority's [website](#).

* If it has been less than 12 weeks since you tested positive for covid-19, you do *not* need to be tested with either a rapid test or a PCR test. In fact, you can still test positive during this period even if you have recovered and no longer transmit the virus. However, if you experience symptoms of covid-19, you are recommended to get tested.

** An infected person is also considered to be infection-free after 10 days of illness if the person is feeling significantly better and only has mild residual symptoms, such as loss of sense of taste and/or smell, a slight cough, headache, fatigue, etc. However, this requires that the person has previously been free from fever for 48 hours (without the use of fever-suppressing medicines such as paracetamol).

What are the people you live with recommended to do?

If you are a close contact of an infected person in your household, you should all follow the recommendations for close contacts, as described under 'What are you recommended to do as a close contact?' (pages 3-4).

If you are a close contact of an infected person who is not a member of your household, for example because you have stayed overnight with the infected person, the following recommendations apply to the people you live with on a daily basis:

If you have received your third vaccination or have been infected within the past 12 weeks.

If, as a close contact, you have received your third vaccination or have been infected within the past 12 weeks, the people you live with do not have to do anything other than pay extra attention to the Danish Health Authority's [guidance on how to prevent infection](#).

If you have *neither* received your third vaccination nor been infected within the past 12 weeks:

If, as a close contact, you are self-isolating because you have neither received your third vaccination nor been infected within the past 12 weeks, you are recommended to avoid close and physical contact with the people you live with in as far as possible. They consequently do not need to stay at home and they may, for example, go to work, school, go shopping etc. with extra attention to the Danish Health Authority's [guidance on how to prevent infection](#).

Children still need loving care and physical contact like hugs and comforting, and this is more important than keeping your distance. If, as a parent or other caregiver, you are self-isolating as a close contact and do *not* have symptoms of covid-19, your child and other persons from whom you cannot keep a distance or isolate yourself do not need to stay at home. This also applies even if they have neither received their third vaccination nor previously been infected. If the child or other members of your household experience symptoms of covid-19, they must stay at home.

If, as a close contact, you test positive or experience symptoms of covid-19

If, as a close contact, you test positive for covid-19, all people you live with become your close contacts, and, in such case, they are recommended to stay at home if they have neither received their third vaccination nor been infected within the past 12 weeks.

If, as a close contact, you experience symptoms of covid-19 and you are unable to keep your distance or self-isolate from a child or other members of your household who have neither received their third vaccination nor been infected within the past 12 weeks, these people are recommended to stay at home until you have tested negative for covid-19 on day 4.

How do you book a test?

As a close contact, you need to do the following to book a test appointment:

- 1) You can yourself book appointments for two PCR tests at coronaprover.dk if you have been provided with a number (requisition number) from the person infected. The infected person can find this number at sundhed.dk.
- 2) You can also call Coronaopsporing on tel. 32 32 05 11 if you need a test referral and advice about test times.
- 3) If you are to take a rapid test, you can find the nearest test site at coronasmittle.dk/en.

You can read more about Coronaopsporing at [the Danish Patient Safety Authority's website](#).

Remember a face mask if you have to break your self-isolation to be tested

If you are self-isolating as a close contact or you have had symptoms of covid-19, you are recommended to use a CE-marked face mask when leaving your home to be tested. You can read more about the use of face masks at the Danish Health Authority's [website](#).

You are recommended *not* to use public transport or a taxi to get to and from the test site.

After receiving your test results

You can see your test result on sundhed.dk, in the 'MinSundhed' app and the 'Min læge' app or by contacting your own doctor.

What should you do if the test is positive?

Your test is positive for covid-19. This means that you are infected with novel coronavirus if one of the following test results is posted at sundhed.dk:

- Positiv (positive)
- Påvist (detected)

If one of your tests is positive, you must self-isolate/continue to self-isolate and follow the other precautions described in the Danish Health Authority's information material [What to do if you test positive for novel coronavirus](#). If you have tested positive with a rapid test or a self-test, you must get a PCR test as soon as possible, which can confirm/rule out the result from the rapid test or the self-test.

If you test positive on your first PCR test, you do not need to take another test. If you have booked a test on day 6, remember to cancel the appointment so that the slot can be used by someone else who needs it.

Anyone who tests positive will receive a letter in their e-Boks and will generally be contacted by the Coronaopsporing team, who can advise you on precautions and on how to trace your contacts etc. You can also contact Coronaopsporing yourself on tel. **32 32 05 11**.

If you need medical advice about the course of your illness etc., please call your own doctor.

What should you do if your test is negative?

Your test is negative for covid-19. This means that you are not infected with novel coronavirus at the time of your test if one of the following test results is posted at sundhed.dk:

- Negativ (negative)
- Ikke påvist (not detected)

If you are self-isolating and can keep your distance from the infected person, you can stop self-isolating if your PCR test on day 4 is negative.

If you are exposed to infection on an ongoing basis because you cannot keep your distance from the infected person (for example an infected child), you may stop self-isolating if your last PCR test is negative. If you have yourself been infected in the past 12 weeks and are therefore not tested, you may stop self-isolating at the same time as the infected person, that is when the infected person can no longer infect others.

What should you do if the test is inconclusive or non-assessable?

If one of the following test results is posted at sundhed.dk:

- Inkonklusiv (inconclusive)
- Ubedømmelig (non-assessable)

This means that your test has not provided a clear result, or that the analysis of the test has failed. It is consequently not possible to determine whether you have covid-19. You must therefore take a new test.

Remember!

A test is only a snapshot of whether you are infected or not infected at the time of the test. Therefore, it is important that you take your tests at the right times to be sure that you are not infected.

You are always to take at least one PCR test if you are a close contact and always if you have symptoms of covid-19.

Even if your test is negative, it is still important that you pay attention to the [guidance on how to prevent infection](#).

You must pay particular attention to possible symptoms of covid-19 in the 14 days following your close contact with an infected person, even if all your tests were negative. Read more about typical symptoms of covid-19 at [the Danish Health Authority's website](#).

If you experience symptoms of covid-19, you should self-isolate. Get PCR tested as soon as possible and follow the other recommendations described in the Danish Health Authority's information material [What to do if you have symptoms of covid-19](#).

How do I self-isolate?

Self-isolation is important in preventing the spread of infection. Therefore, it is important that you self-isolate in the following situations:

- If you test positive for covid-19.
- If you experience symptoms of covid-19. This also applies even if you have received the first, second or third vaccination, or if you have been infected within the past 12 weeks.
- If you are a close contact and have neither received your third vaccination nor been infected within the past 12 weeks.
- If you are a close contact and you are exposed to infection on an ongoing basis because the infected person cannot keep a distance. This also applies if you have received your first, second or third vaccination or have previously been infected with covid-19.

Self-isolation means:

- That you should stay at home and not meet with people you do not live with. Stay in your own home. Do not go to work, and get others to help with food shopping, etc. If you order food or other items for home delivery, make sure that deliveries are left outside your front door. Use a face mask with a CE mark, and keep 2 metres distance from others if you do have to go out for exceptional circumstances, e.g. to be tested or to walk the dog. Avoid going out at busy times when there are a lot of people. Do not use public transport, including taxi, when going to the test site.
- You should avoid close contact with other members of your household. This is particularly important if you live with someone who is at higher risk of severe illness from covid-19. Avoid close physical contact such as kissing and hugging, and keep your distance from other people in your home in as far as possible. If possible, avoid sleeping together and spending too much time together in the same room. Ideally you should use a separate toilet/bathroom. If this is not possible, you should clean surfaces, such as handles and taps, before the toilet/bathroom is used by other members of your household.

You can also read more at the Danish Health Authority's [website](#).

Voluntary out-of-home isolation stays

If you cannot keep your distance from others in your household, for example if you live in a small home, or because you live with someone at higher risk of severe illness from covid-19, your municipality may help you with an out of home isolation stay.

You must have tested positive, or be a close contact of someone who has tested positive for covid-19, before you can be granted an out-of-home stay. Children who are close contacts and in isolation can also be granted an out-of-home stay with a parent.

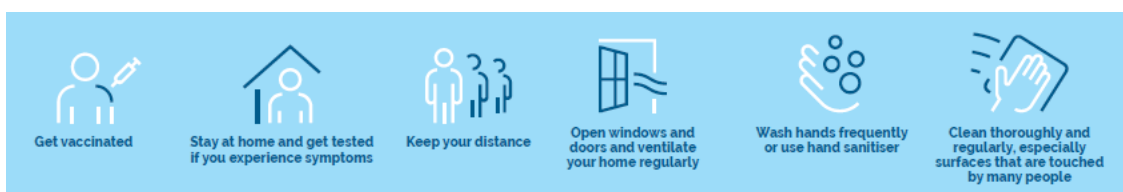
Call your municipality to find out more about your options.

What does it mean to pay special attention to hygiene and cleaning?

If you are self-isolating, you should pay extra attention to maintaining good hygiene and cleaning. This means:

- Washing your hands frequently and thoroughly with soap and water, or using hand sanitiser if you do not have access to soap and water. Although washing your hands and hand sanitiser are as effective as each other, it is recommended that you wash your hands when they are visibly dirty, after using the toilet, after changing nappies and before cooking or eating.
- Good hand hygiene is especially important after using the toilet, after blowing your nose and before you start cooking. It is important to care for your hands, for example by using an unscented rich hand cream to prevent dry hands and eczema.
- Avoid touching your face. Cough or sneeze into a disposable tissue/kitchen roll paper or into your sleeve. Place used disposable tissues in a bag and tie securely.
- Do not share towels with other people.
- Clean the room(s) you spend time in daily. It is particularly important that you clean objects, surfaces and contact points that are touched by many members of the household, such as handles, handrails, switches, keyboards, computer mice, armrests, the edges of tables, toys, taps, toilets etc.
- Remember to frequently air out the room(s) that you spend a lot of time in.

Read more about good hygiene at the Danish Health Authority's [website](#) and on the website of the Danish Health Authority's campaign [Make good hygiene a daily routine](#).



Further information

If you need medical advice about the course of your illness etc., please call your own doctor.

If you have tested positive for covid-19 with a PCR test or rapid test, you can see your positive test result at digital infection detection on [sundhed.dk](#). Read more at [coronasmittle.dk/en](#).

Infected persons, who does not use the digital solution, will be contacted by the Danish Patient Safety Authority's Coronaopsporing team. If you are in doubt about the rules of precaution and who your contacts are etc. you are also welcome to contact Coronaopsporing yourself on **32 32 05 11**.

Read more about covid-19 and close contacts at sst.dk/en.