What to do as 'other contact' of a person who has tested positive for novel coronavirus

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

18th January 2022

Why is tracing close contacts and other contacts important?

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 are in contact with a person infected with covid-19, you are at higher risk of becoming infected yourself. It is therefore important that, as a 'close contact', you follow the recommendations and guidance in *What to do if you are a close contact of a person who has tested positive for novel coronavirus* and that, as 'other contact', you follow the recommendations and advice described 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 having been 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.*

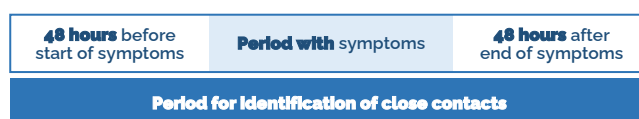*Figure 1. Period for identification of close contacts for persons with symptoms*

48 hours before start of symptoms	**Period with** symptoms	**48 hours** after end of symptoms
Period for identification of close contacts		

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

day of testing

48 hours before test	**7 days**
Period for identification of close contacts	
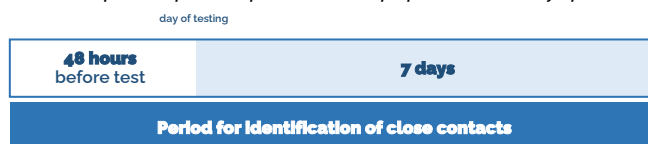
Whether you are a close contact or other contact depends on where you have been close to the infected person. You are a 'close contact' if you have been close to an infected person at home or the like, while you are 'other contact' if you have been close to an infected person outside the home.

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 about what to do in the Danish Health Authority's information material *What to do if you are a close contact of a person who has tested positive for novel coronavirus* (long version) and in *Important guidance for close contacts* (short version).

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 this material

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 'other contact'?

You will typically be notified that you are 'other contact' by:

- Being contacted by the infected person himself/herself;
- Being notified in the 'smitte|stop' app;
- Being contacted by the management at your workplace/educational institution/other institution.

What are you recommended to do as 'other contact'?

As 'other contact', there is no way of knowing whether you are infected until you have been tested. Regardless of whether you have been vaccinated, previously infected or not vaccinated, you are 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:

- Get tested with a rapid test (possibly a self-test) twice. Take the first test as quickly as possible and the second test on day 4 after you were last in contact with the infected person*. If you get a message in the 'smitte|stop' app that you have been close to an infected person, you only need to take a single rapid test (possibly self-test) as soon as possible.

- You do not need to self-isolate and you may go to work, attend your studies etc. if you do not have symptoms of covid-19.

- Pay special attention to whether you develop symptoms and remember the guidance on how to prevent infection

* 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.

What are the people you live with recommended to do if you are 'other contact'?

As 'other contact', you do not need to self-isolate unless you experience symptoms of covid-19 or test positive. Therefore, the people you live with do not have to do anything other than pay extra attention to following the Danish Health Authority's guidance on how to prevent infection with novel coronavirus.

If you test positive for covid-19:

If you test positive for covid-19, you must self-isolate and so must all members of your household and your other close contacts. Read more about close contacts and self-isolation in the Danish Health Authority's pamphlet *What to do if you are a close contact of a person who has tested positive for novel coronavirus.*

If you experience symptoms of covid-19:

If, as 'other contact', you experience symptoms of covid-19, you should immediately self-isolate and take a PCR test. You should avoid close contact with other members of your household. Read more about self-isolation at *the Danish Health Authority's website.*

How do you book a test?

As 'other contact', you are recommended to take a rapid test (possibly a self-test) twice. You can find the nearest test centre on coronasmitte.dk/en

After receiving your test results

If you have taken a rapid test, you can see your test result at sundhed.dk, in the 'MinSundhed' app, 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 <u>you are infected</u> 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 and follow the other precautions described in the Danish Health Authority's information material *What to do if you test positive for novel coronavirus.* You must also get a PCR test as soon as possible, which can confirm/rule out the result from the rapid test or the self-test. If the PCR test is negative, you can stop self-isolating.

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 coronasmitte.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**.

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 <u>you are not infected</u> 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 your first rapid test is negative, you are still recommended to get another rapid test (possibly a self-test) on day 4 after you were last in contact with the infected person.

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.

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 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 are not sure

At the Danish Health Authority's website and at coronasmitte.dk/en, you can find more information about what to do if you are a close contact or 'other contact'.

If you need advice on when to get tested, you can call Coronaopsporing on tel. **32 32 05 11**.

You can read more about Coronaopsporing at the Danish Patient Safety Authority's website.

Further information

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