Advice for relatives of a person in one of the risk groups

When should I contact the doctor?

Contact the doctor if you observe any of the following symptoms in your relatives:

- A newly developed cough
- Fever
- Difficulties breathing
- Illness which lasts for several days
- Failure to recover
- Worsening of symptoms

Please note that we also provide information and advice to people belonging to vulnerable groups and to people who have contact with vulnerable groups. We ask them to adhere closely both to general and specific advice.

Keep up-to-date with the latest developments in the coronavirus situation via the Danish Health Authority’s website www.sst.dk/corona.

Protect the most vulnerable
What is coronavirus?
Coronavirus infects the respiratory tract. Symptoms can range from those of the common cold to severe pneumonia and transmission occurs from person to person via droplets emitted when we cough or sneeze, via surfaces and through contact (handshakes, objects, door handles, etc).

The novel coronavirus appears to primarily cause severe symptoms in the elderly (especially in people over 80) and in people with chronic illnesses. You can help protect the elderly and vulnerable by protecting yourself.

Which groups are most vulnerable?
Certain groups are at particular risk of becoming seriously ill if they are infected by the novel coronavirus.

- The elderly (especially those over 80)
- Pregnant women (as a precaution)
- People with chronic illnesses
  - Personer med hjertekarsygdom (gælder ikke velbehandlet hypertension)
  - Personer med kronisk lungesygdom (gælder ikke velbehandlet astma)
  - Personer med nedsat immunforsvar
  - Personer med diabetes
  - Personer med kræft
  - Børn med kroniske sygdomme

People who have a moderate to severe chronic illness, such as very high blood pressure or asthma which is not well controlled by medication, should consider themselves to be at particular risk.

If you are the relative of such a person and are in doubt as to whether they are at particular risk or in need of advice, you should speak with your relative’s doctor for further advice.

What can I do if I am the relative of a person in one of the risk groups?
We recommend that you take extra care to follow the general hygiene advice that has been given.

- Wash your hands often or use hand sanitiser. Remember to do so particularly when you have been in contact with other people, before eating, etc.
- Cough or sneeze into your sleeve – not your hands.
- Wear gloves when you go out.
- If you begin exhibiting symptoms, stay at home until you are healthy, even if your symptoms are mild.
- Reduce physical contact (handshakes, hugs and kisses) and avoid social activities.
- Avoid places/activities which involve being in close contact with other people (e.g. shopping centres, supermarkets, gyms, choir practice, exercise classes, bridge clubs, family events, visits to or from the grandchildren).
- Ask others to be considerate.

Take special precautions
We recommend that you take extra precautions to protect yourself as much as possible from being infected so that you do not infect your vulnerable relatives.

- Avoid large gatherings, including crowds on public transport and keep your distance from other people - especially if they appear to be sick.
- Stay home if you are sick yourself and do not go to work until you have recovered.
- Do not visit people in any of the risk groups or anyone who is in hospital or a nursing home, unless doing so is strictly necessary. Communicate with your relatives by video call or similar instead of visiting them in person.
- If you want to help your relatives with their shopping or food preparation, leave groceries or prepared food at the door.
- Pay particular consideration to your relatives.
- Ask others to be considerate.