

[engelsk]

Guidance from the Danish Health Authority

For those offered a voluntary out-of-home stay

In this pamphlet, we answer some of the questions you may have if you have been offered a voluntary out-of-home stay at a self-isolation facility because you are infected with novel coronavirus or are a close contact of an infected person.

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Important information about novel coronavirus/COVID-19

COVID-19 is the name of the disease caused by infection with novel coronavirus.

Infection

To prevent the spread of infection, it is important to know how novel coronavirus is transmitted.



Contact spread: If someone who is infected with novel coronavirus has virus-infected saliva or snot on their hands, they can pass on the infection directly to others, for example by shaking hands with them. An infected person can also deposit the virus on surfaces such as door handles when coughing/sneezing or when touching the surfaces with contaminated hands. The next person who comes along and touches the same surface can then become infected when touching his or her own nose, eyes or mouth.

Droplet spread: An infected person can spread droplets containing the virus through coughing or sneezing. These droplets can be inhaled by another person or land in their eyes, nose or mouth.

Symptoms

Typical symptoms of COVID-19:



Dry cough	Sore throat
Fever	Loss of sense of taste and smell
Difficulty breathing	Muscle pain

General guidance on how to prevent infection

1. Self-isolate if you have symptoms of COVID-19, have tested positive or are a close contact of someone who is infected with novel coronavirus.
2. Wash your hands often or use hand sanitiser.
3. Cough or sneeze into your sleeve.
4. Do not shake hands, hug or kiss as a greeting.
5. Make sure to clean thoroughly – both at home and at work.
6. Keep your distance and ask others to be considerate.



If you are unable to comply with one of the recommendations, make sure that you comply with the others.

1. About voluntary out-of-home stays

What is a voluntary out-of-home stay at a self-isolation facility?

To prevent the spread of infection in society, it is important that people infected with novel coronavirus – and close contacts – self-isolate. It also means keeping your distance from the people you live with.

If you cannot keep your distance from the people you live with, for example because you live many people together in a small home, or if you share a home with people who are at higher risk of severe illness from COVID-19, you can contact your municipality for an out-of-home stay at a self-isolation facility.

An out-of-home stay is an offer for citizens who have tested positive for novel coronavirus or who are close contacts of an infected person. An example of such a self-isolation facility is a holiday home or a hotel where you will have your own room or apartment.

What is expected of me during the voluntary out-of-home stay?

During your stay, you are expected to take care of yourself. You are responsible for cleaning your own room, staying in contact with your relatives, contacting your doctor if you become ill etc. Read more below.

How much will the stay cost me?

The self-isolation stay is free and the facility offers three daily main meals as part of the accommodation. You must pay for other necessities yourself.

2. Preparations for your stay

What should I bring for the stay?

You should bring personal belongings such as toiletries and any medication, clothes, books, tablet, PC etc. You may also bring food, beverages and snacks.

How do I get to the self-isolation facility?

As a rule, you must arrange for transport to the self-isolation facility yourself. Do not use public transportation or taxi. The best thing to do is to drive alone in your own car or get a lift from a member of your household. If this is not possible, you can contact your municipality.

Make sure to strictly follow the general guidance on how to prevent the spread of infection and wear a face mask during transport. You can read more about the use of face masks at sst.dk/en.

3. What to do during your stay

What will I be provided with during my stay?

You will be given fresh towels and bed linen upon arrival and as needed during your stay. Hand sanitiser, hand soap, disposable tissues, waste bags and cleaning agents will also be available. You will get free Wi-Fi.

What to do if my symptoms get worse during my stay?

You are responsible for contacting your own doctor or the out-of-hours medical service/1813 in the Capital Region if your symptoms get worse and you need medical assistance. In case of acute life-threatening illness, call 112.

How do I get food during my stay?

The self-isolation facility offers three main meals daily. You can also cook your own food if the apartment/accommodation you are staying in has kitchen facilities.

What about cleaning and laundry facilities during my stay?

You must clean your own room/accommodation/apartment once a day. The staff will clean the common areas and can help with waste collection and provide you with cleaning agents. Laundry services will be available against a fee and by appointment with the staff at the self-isolation facility. Please note that the clothes will be washed at 60 degrees. You must sort and place your laundry in a closed bag and leave it outside your front door for the staff by prior appointment.

Can I socialise with other people during my stay?

You should not receive visitors during your stay and not socialise with people who are not infected with novel coronavirus. You may only socialise with others who are also self-isolating because, like you, they have also tested positive for novel coronavirus. Always follow the staff's guidance at the self-isolation facility.

Can I go out?

Do not leave the self-isolation facility during your stay. Stay in your room/accommodation/apartment and whatever common areas you are allowed to use. If you are a close contact but have not tested positive for novel coronavirus, you may not use common areas intended for infected people. You may, for example, use your own balcony or terrace.

How long must I remain at the self-isolation facility?

If you have had symptoms, you may leave the facility:

- when you have been symptom-free for 48 hours.
- if after 10 days of illness you feel significantly better and have only mild residual symptoms, such as loss of sense of taste and/or smell, slight cough, fatigue, etc. However, you must have been fever-free for 48 hours (without the use of fever-suppressing medicines).

if you have not had any symptoms, you can stop self-isolating 7 days after you had your test.

If you are a close contact, you can stay at the facility until you receive a negative test result from your test on day 6, according to the current guidance for tracing and dealing with close contacts.

Remember to inform the staff and the municipality that you are going home.

4. Pay and sickness benefit

When you are self-isolating due of COVID-19, you are lawfully prevented from working and you may be entitled to full pay or sickness benefit. Employees who are told to self-isolate must work from home as far as possible. If you cannot work from home, it depends on your specific employment contract whether you are entitled to pay during the self-isolation period. If you are not entitled to receive pay, employees who are either infected or have good reason to suspect they are infected will be entitled to sickness benefit. The same applies to close contacts who are self-isolating as a result of contact tracing. However, regardless you must be entitled to sickness benefit, and there will therefore be people who will not receive sickness benefit even if they are infected with novel coronavirus. The Danish Agency for Labour Market and Recruitment governs this area, and you can read more on their [website](#).

5. Want to know more?

If you have any further questions about out-of-home stays at a self-isolation facility, please contact Coronaopsporing on **tel. 32 32 05 11**.

If you have other questions, please call the joint Danish authorities' corona hotline on **tel. 70 20 02 33**.

You can read more about novel coronavirus and COVID-19 at sst.dk/en.

General guidance during out-of-home stays



Hygiene

Wash your hands thoroughly with soap and water or use hand sanitiser. Good hand hygiene is especially important after using the toilet, before cooking and after blowing your nose. Cough or sneeze into a disposable tissue or your sleeve. Immediately place used disposable tissues in a bag and tie securely. When handing over your dirty clothes for washing with the staff, put it in a closed bag outside your door.



Cleaning

Clean your room/accommodation daily during your stay. Use ordinary cleaning agents. Use only your own toilet and bath, and clean it daily.



Do not leave the self-isolation facility during your entire stay.

Food and any other purchases will be delivered to you by appointment with the staff. Do not invite visitors, but feel free to keep in contact by phone etc. Use only the common areas pointed out to you by the staff.



Limit contact to staff and others not infected

Avoid physical contact such as handshakes and hugs, and keep a distance of at least 2 metres to staff and any other people who are not infected.



Follow the instructions of the staff

Follow the staff's guidance and instructions on what to do during your stay.