

When you are infected with coronavirus, you must:

- Isolate yourself at home for 48 hours after your symptoms are gone
- Pay extra attention to hygiene and cleaning
- Notify people you may have infected so they can be tested



Do not blame yourself or others for being infected with novel coronavirus. Remember that the disease is caused by a virus, not by individuals, and that novel coronavirus is highly contagious.

Isolating at home means:



Stay at home to avoid close contact with other people. Do not go to work and do not go out. Get others to help with shopping and the like. Do not allow visitors to enter your home. Use the phone or video calls instead.



Avoid close contact with people you live with. Keep a distance of 2 metres to others, and avoid, for example, kisses and hugs. Avoid sleeping together and avoid spending too long in the same room. You must clean the bathroom surfaces yourself after use, for example the toilet seat, sink and tap, before it is used by others. This is particularly important if you live with someone who is at risk of severe illness from COVID-19.



You must wear a CE-marked disposable face mask if you have an essential reason for leaving your home, for example if you are going to the hospital.

If you are infected with coronavirus and are concerned that you cannot isolate yourself within your home, you must talk to your doctor who can advise you. Your municipality can help you to isolate outside your home.

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Good hygiene and cleaning means:



Wash your hands frequently and thoroughly with soap and water, or use hand sanitiser if you do not have access to soap and water. Using hand sanitiser is as effective as washing your hands, but we recommend you wash hands if they are visibly dirty or wet, after toilet visits, after changing a diaper and before touching food.



Avoid touching your face. Cough or sneeze into a disposable tissue or into your elbow. Place used disposable tissues in a rubbish bag and tie securely.



Do not share towels with other people. Use only your own.



The room(s) you spend time in while ill should be cleaned daily. Use ordinary cleaning agents. It is particularly important that you clean objects and surfaces that are touched by many people.

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Notifying those you may have infected means:

You must inform people you have had close contact* with for up to 48 hours before your symptoms started and for up to 48 hours after your symptoms have gone away. They can then be tested. You can get help from your doctor or staff from Coronaopsporing (Corona Tracking). They will call you if your test shows you are infected. You can call them yourself on tel. **32 32 05 11**.

Your close contacts are:

- Persons you live with
- People you have been in direct physical contact with (for example through kissing and hugging)
- People you have accidentally coughed/sneezed on or people who have touched your used tissue.
- People you have had close face-to-face contact with at a distance of less than one metre for more than 15 minutes (for example by having talked together). One metre is about the same distance as the width of an outer door.
- Healthcare professionals who have participated in your care/treatment and who have not used a face mask or face shield.

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