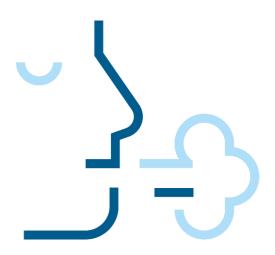**Guidance from the Danish Health Authority**

What to do if you have symptoms of COVID-19

In this pamphlet we answer some of the questions you may have if you develop symptoms of COVID-19. You can learn more about what to pay attention to, how to get tested etc.

03 June 2021

1. What should you do if you develop symptoms of COVID-19?

If you develop symptoms and are unsure whether it is COVID-19, you should act as if you are infected with novel coronavirus, as follows:

1. Self-isolate
2. Pay extra attention to hygiene and cleaning
3. Arrange to be tested

This also applies if you are fully vaccinated.

Typical symptoms of COVID-19:

- Fever
- Dry cough
- Difficulty breathing

- Loss of sense of taste and smell
- Fatigue
- Sore throat

How do I self-isolate?

The most important way of preventing the spread of infection is by self-isolating – both those who have already tested positive and those who may have become infected. If you have symptoms, there is no way of knowing whether you are infected with novel coronavirus until you have been tested. It is therefore important that you self-isolate until you have been tested and have the test result.

Self-isolation means:

- That you should stay at home and not meet with people you do not live with.
  Stay at home, and do not go out. Do not go to work and get others to help with e.g. shopping, etc. If you order food or other items for home delivery, make sure that deliveries are left outside your front door. Wear a CE-marked face mask and keep a distance of 2 metres to others if you have to go out – for example, if you need to get tested or walk your dog. Make sure to go out when not too many other people are about.
  In many communities, local initiatives have been launched to help those who need support. Check to see if such support is available in your local area. You can also contact 'Røde Kors Parat' on tel. 35 29 96 60 or visit rodekors.dk/parat.

- Avoid close contact with other members of your household. This is particularly important if you live with someone who is at risk of severe illness from COVID-19.

  Avoid close physical contact such as kissing and hugging and keep a distance of at least 2 metres from other people. 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.

What does it mean that you need to pay extra attention to hygiene and cleaning?

- Washing your hands frequently and thoroughly with soap and water, or using hand sanitiser if you do not have access to soap and water. Using hand sanitiser is as effective as washing your hands. However, we recommend that you wash your hands if they are visibly dirty or wet, after using the toilet, after changing nappies and before handling food.

- 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.

- Frequently creating a cross draft to air out the room(s) you spend time in.

2. Calling your doctor and getting tested

When can I book a test on coronaprover.dk myself?

If you have symptoms that could be COVID-19 but you do not feel so ill that you need to consult your doctor, you can book a test yourself on coronaprover.dk. This applies to both adults and children over the age of 2.

Make sure to wear a CE-marked face mask if you need to leave your home for a short period of time, for example to be tested. You can *read more about how to use a face mask at our website*.

If you have received a positive test result from a PCR test within the last 12 weeks and subsequently get symptoms of COVID-19, it is important that you stay at home until you are healthy. You generally do not need to be tested again unless you are told that you are a close contact of an infected person.

When should I contact my doctor?

Always call your doctor or the out-of-hours medical service

- If you have symptoms of COVID-19 and feel so ill that you would like to consult a

doctor.
- If you are concerned or in doubt.
- If it is about a child under the age of 2.

Remember to call ahead – never show up at your doctor's office without making an appointment by phone first.

Your doctor can refer you for a quick response PCR test before you show up for your doctor's appointment, which will typically be the following day. If your doctor determines that you should be seen immediately, he or she may refer you for assessment in an emergency department.

What should you and those you live with do while you wait for the test result?

You must continue to self-isolate while you are waiting for your test result. You do not have to inform any of close contacts unless you test positive for novel coronavirus.

While you wait for the test result, those you live with can go to work, to school, go shopping etc. as they usually do. Other family members should keep their distance from the person who is ill whenever possible. In addition, everyone in the household should pay extra attention to hygiene and cleaning and to whether they develop symptoms. It is only if your test is positive that those you live with become close contacts and must self-isolate and get tested.

Especially about children

Most children only develop mild symptoms of COVID-19, and children should generally follow the same guidance as adults. Therefore, children with symptoms of COVID-19 should also be kept at home and be tested, and follow the same precautions as adults who test positive. In the case of children under the age 2, you should always call your doctor.

If the test is positive, the child must stay at home until the child has been free from symptoms for 48 hours. If the test is negative, the child can return to childcare institution or school when he or she is well again.

Please remember that children need loving care and physical contact like hugs and comforting, and that this is far more important than keeping your distance. This applies regardless of whether it is you or your child who has symptoms of COVID-19 or has tested positive.

Children up to and including 6 years of age who have symptoms of COVID-19 can be seen by their own doctor without having taken a test unless the child lives with someone who has just tested positive for novel coronavirus.

More information and guidance at our website.

3. Once you receive your test result

If your test is positive

If virus was identified in the test sample, your test results are positive and the Danish text at sundhed.dk will read either:

- Positiv (positive)
- Formodet positiv (presumed positive)
- Påvist (detected)

We recommend that you take a PCR test if you have symptoms of COVID-19. If you are tested positive with an antigen test, you must have taken a follow-up PCR test as soon as possible, which will either confirm or deny the result of the antigen test.

If your test is positive for novel coronavirus, you must continue to self-isolate until you have been free from symptom for 48 hours. After 10 days, you may also stop self-isolating if you feel much better and you only have residual symptoms such as loss of sense of taste and/or smell,

a slight cough, headache, fatigue etc. However, you do have to be free of fever for 48 hours (without the help of fever-reducing medicine such as paracetamol)

You must also make sure to trace your close contacts. More information: *What to do if you test positive for novel coronavirus.*

You do not need to be tested again to be regarded as having recovered. The test can be positive due to inactive virus, even if you are healthy and no longer able to infect anyone else.

If you have any questions or need specific advice about your illness, please call your own doctor.

If your test is negative

If virus was not identified in the test sample, your test results are negative and the Danish text at sundhed.dk will read either:

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

However, if you have symptoms of an infectious disease, we always recommend that you stay at home and maintain good hygiene to avoid spreading the infection to others.

You can get return to work/school, etc. when you have recovered, and you do not have to wait until you have been free from symptoms for 48 hours.

If you have any questions or need specific advice about your illness, please call your own doctor.

4. 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 novel coronavirus, you will be contacted by Coronaopsporing who will help you trace your close contacts. You are also welcome to contact *Coronaopsporing* (Corona Tracking) yourself on **tel. 32 32 05 11**.

If you are a close contact, you can contact Coronaopsporing.
See also *What to do if you are a close contact of a person who has tested positive for novel coronavirus.*

The Danish Health Authority's information material:

Please go to our website to see a list of all current publications in English – such as pamphlets, posters and films.