

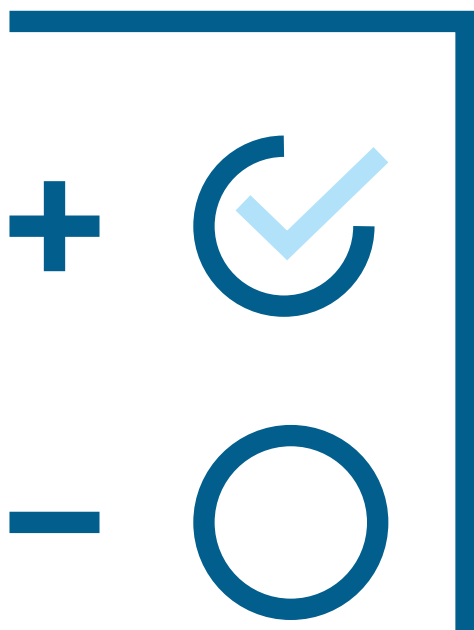
Guidance from the Danish Health Authority

What to do if you test positive for novel coronavirus

In this leaflet we answer some of the questions you may have if you test positive for novel coronavirus.

You can read about how to self-isolate, who you should inform that you are infected etc.

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Important information about novel coronavirus/COVID-19

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

Infection



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

Transmission through contact: Transmission through touching surfaces or objects which have been used by an infected person, and then touching your nose, eyes or mouth. The risk of contact transmission can be reduced by practising good hand hygiene and making sure to clean thoroughly.

Droplet transmission: Person-to-person transmission via small droplets expelled from the airways (respiratory tract) when an infected person coughs, sneezes etc. The droplets fall to the ground within one to two metres, and so the risk of droplet transmission is reduced through social distancing.

Symptoms



Typical symptoms of COVID-19:

Dry cough	Sore throat
A high temperature	Headache
Breathing difficulties	Muscle pain

How to prevent the spread of infection



The most important things to do in order of priority:

1. Isolating persons who display symptoms and tracing their close contacts
2. Practising good hygiene focusing on cough etiquette (respiratory hygiene), hand hygiene and points of contact
3. Social distancing focusing on distance, frequency, duration and barriers

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

1. What should I do if I test positive for novel coronavirus?

Whether you have been referred for testing because you have symptoms or because you are a close contact of an infected person, you must:

1. Self-isolate
2. Practise good hygiene
3. Make sure to clean thoroughly

If you have had symptoms, you can stop self-isolating once you have been symptom-free for at least 48 hours. Please note that any loss of sense of taste and smell may persist for longer. This does not mean that you are still infectious. You may therefore stop self-isolating if these are your only remaining symptoms.

If you have not had any symptoms, you must self-isolate for seven days after being tested.

You do not need to be tested again in order to be regarded as having recovered. As long as you have been symptom-free for 48 hours, you can consider yourself as being free from infection.

What does it mean to self-isolate?

The most important way of preventing the spread of infection is through ensuring that people infected with novel coronavirus self-isolate.

Self-isolation guidance:

- Stay at home, that is in your own home or in your own garden so that you do not risk coming into close contact with other people. Do not go to work or public areas, not even to go shopping etc. Ask others to do your shopping for you, take your dog for a walk etc. If you order food and other essentials for home delivery, make sure that deliveries are left outside your front door. Do not allow visitors to enter your home. Use the phone or video calls to talk to other people. It is particularly important to avoid all contact with people who are at risk of severe illness from COVID-19 (see sst.dk/corona).

In many communities, local initiatives have been launched to support those in need. Check to see if such support is available in your local area. You can also call 'Røde Kors Corona Hjælpenetværk' on tel. 35 29 96 60 or visit rodekors.dk/corona/hjaelp.

- That you should avoid close physical 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 two metres. Avoid sleeping together and avoid spending too long in the same room. Ideally use a separate toilet/bathroom. If you only have one toilet/bathroom, you should make sure to clean all surfaces after use, e.g. by disinfecting toilet seats, basins and taps before they are used by other members of your household.

If you have tested positive and are concerned that you may not be able to comply with the recommendations on self-isolation, as described above, you can contact *Coronaopsporing* (Corona Tracking) for guidance on tel. 32 32 05 11. *Coronaopsporing* (Corona Tracking) is a division of the Danish Patient Safety Authority. Alternatively, you can call your own doctor or your local authority, who will be able to advise on the possibility of staying at an out-of-home quarantine facility if you need to.

Read more in the Danish Health Authority's information material *Information about voluntary stay at an out-of-home quarantine facility, if you are infected with novel coronavirus*.

Make sure to wear a face mask if, for exceptional reasons, you need to leave your home, e.g. to go to hospital. You can read more about the use of face masks in the *leaflet published by the Danish Health Authority*.

What does practising good hygiene involve?

Practising good hygiene 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 that you wash your hands if they are visibly dirty or wet, after toilet visits, after changing nappies and before handling food.
- Hand hygiene is especially important after toilet visits, after blowing your nose and before cooking. It is important to use a moisturiser to prevent dry hands and reduce the risk of developing eczema.
- 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.

What does cleaning thoroughly involve?

Cleaning frequently and thoroughly means:

- The room(s) you spend time in while ill should be cleaned daily. Use ordinary cleaning agents. It is particularly important that you clean points of contact as well as objects and surfaces that are touched by many members of the household, such as handles, hand rails, switches, keyboards, computer mice, armrests, the edges of tables, toys, taps, toilets etc.

Special guidance concerning children

Most children develop only mild symptoms of COVID-19, but children should generally follow the same guidance as adults. Therefore, children with symptoms of COVID-19 should also be isolated and tested, and follow the same precautions as adults when testing positive.

Do not take children to childcare institutions/school until 48 hours after symptoms have gone away. Children who do not have any symptoms and who do not develop symptoms must stay at home for seven days after being tested.

We recommend that you inform your child's childcare institution/school so that parents of other children who may have been exposed to infection can be informed, and so that the other children can be tested.

Please remember that children need loving care and physical contact like hugs and comforting, and that this is more important than social distancing. So if nobody else can take care of the child, you should do so in the manner that you normally would, while still maintaining high hygiene and cleaning standards. This applies no matter whether it is you or the child who tests positive.

2. Contact tracing

If you test positive for novel coronavirus, it is important that people you have had close contact with while infectious are informed that you are infected. This is what is known as contact tracing, which is an important tool when it comes to preventing the spread of infection.

If you get a positive test result on sundhed.dk, you will be called by *Coronaopsporing* (Corona Tracking), a division of the Danish Patient Safety Authority. They will help you trace your contacts. You can choose to contact your close contacts yourself, or you can let *Coronaopsporing* (Corona Tracking) employee do so.

You can also contact *Coronaopsporing* (Corona Tracking) yourself on tel. 32 32 05 11.

Who are my close contacts?

You must inform people you have had close contact with for up to 48 hours before the onset of symptoms and for up to 48 hours after your symptoms have gone away.

The following persons are regarded as your close contacts:

- Other members of your household
- People you have had direct physical contact with (e.g. through hugging)
- People who have had unprotected and direct contact with infectious secretions from you (e.g. if you have accidentally coughed or sneezed on them, or because they have touched a handkerchief or tissue which you have used etc.)
- People you have had close face-to-face contact with at a distance of less than one metre for more than 15 minutes (e.g. through having a conversation)
- Healthcare professionals who have been involved in your care/treatment and who have not used the recommended personal protective equipment.

People who have followed the Danish Health Authority's guidance on social distancing, respiratory hygiene and hygiene in general are not very likely to be categorised as close contacts.

Typical close contacts are other members of your household, people you share a bedroom or sofa with, or hug etc. on a daily basis. Other close contacts may include those colleagues and friends you have been close to, for example if you have had to spend a long time in close proximity to a colleague, or if you have ended up sitting too close together with friends around a table. Close contacts of children include other children or adults in childcare institutions, schools and leisure clubs who have had close contact with a child, e.g. direct physical contact, or children who have been playing together at a distance of less than one metre for more than 15 minutes.

In most work situations, close contact with your colleagues will be limited, and colleagues are therefore generally not considered close contacts. Colleagues you work with, e.g. on a hospital ward, in a nursing home or in an office, with whom you have not had close contact (defined as spending more than 15 minutes with them at a distance of less than one metre) are not regarded as close contacts.

During what period must the close contact have taken place?

If you have no symptoms and test positive, you must contact any close contacts you have spent time with since 48 hours before you had the test until seven days after you had the test.

People you were last in close contact with more than 14 days ago are not regarded as close contacts.

What do I need to tell my close contacts?

It is important that you contact anybody you have had close contact with as you may have transmitted the infection to them – even if you did not have any symptoms yourself when you saw them.

You should tell your close contacts that they ought to get tested for novel coronavirus, and that they should self-isolate until they have been tested.

You and your close contacts can read more about what to do as close contacts of each other in *What to do if you are a close contact of a person who has tested positive for novel coronavirus*, which provides guidance on how to get tested, what to do while waiting for the test results etc.

If your close contacts are unsure about what to do, they can contact *Coronaopsporing* (Corona Tracking) on tel. 32 32 05 11.

Contact tracing via the Danish 'smitte|stop' app

You may have been close to people you do not know or whose contact details you do not have. You will therefore not be able to inform them that you have tested positive for novel coronavirus. For example, you may have been sitting close to someone on a bus, or been standing close to other people at some event or other.

The 'smitte|stop' app is a digital tool which makes it possible to easily and anonymously notify people you have been close to, provided of course that they have also downloaded the app. You can learn more about the app at smittestop.dk and download it from App Store or Google Play Store.

3. About being ill with COVID-19

How does the disease typically develop?

Symptoms develop within one to 14 days of exposure to novel coronavirus, and most people develop symptoms after five to six days. Typical symptoms at onset and in mild cases are similar to the symptoms of normal flu and other upper respiratory infection, including a high temperature, dry cough and fatigue. Other initial but less frequent symptoms include a headache, muscle pain, a sore throat, nausea, loss of the sense of taste and smell etc. Such mild symptoms of COVID-19 are often almost identical with the symptoms of a cold or the flu caused by viruses other than COVID-19.

Most people experience only mild symptoms and do not need medical assistance. Symptoms may vary from person to person, and the symptoms, such as whether you have a high temperature or not, cannot be used to rule out COVID-19.

Some people develop more severe illness, usually after four to seven days, with a worsening cough, raised temperature and shortness of breath, while some people develop pneumonia and require hospitalisation.

Can COVID-19 be treated?

There is no specific treatment for novel coronavirus, but there are several things you can do to alleviate the symptoms:

- Drink plenty of fluids, especially if you have a high temperature.
- Muscle pain, headaches and a high temperature may be relieved with paracetamol (e.g. Panodil).
- A sore throat may be soothed with lozenges or boiled sweets.

When and how should I contact my doctor?

If you are ill with COVID-19, you must contact your doctor if your symptoms worsen rapidly or over several days, e.g. if you develop a high temperature, breathing difficulties, pain or a general feeling of malaise.

Outside normal opening hours, you must call the out-of-hours medical service or the medical helpline in your region.

Please remember that you can always call the medical services, also if you are concerned about illnesses other than COVID-19. This also applies if you are concerned about the health of children.

Will I become immune?

Current knowledge suggests that most people develop some level of immunity, but to what extent and for how long protection lasts remains uncertain. We do not yet have a reliable test to determine immunity.

Therefore, once you have recovered from COVID-19, you must continue to comply with the general guidance on how to stay safe, you must make sure to be tested if you develop symptoms of COVID-19 again, you must make sure to trace your contacts etc.

How do I cope with being isolated and any feelings of anxiety?

Being isolated from other people can be hard. The following advice may help you to cope:

- Do what you can to stay in touch with friends and family. Use social media, the phone and video calls.
- Try to occupy your mind by engaging in a hobby, reading, doing puzzles or other activities that require concentration and which make you happy.
- Stay as active as you possibly can, if you are not feeling too unwell. Make sure, as best you can, to stay physically active, e.g. by getting up from your chair, walking around and doing exercises on the floor.
- In so far as is possible, make sure to maintain a normal circadian rhythm (going to bed and waking up at the same time).
- Always remember that by staying at home you make a difference and help protect yourself and others. You are doing your bit to help prevent the spread of infection and protect those at increased risk of severe illness from COVID-19.

It is natural to feel concerned when you are told that you are infected with novel coronavirus.

The following advice may help you to cope:

- Talk to your doctor if you feel very concerned. If you are being treated for a particular disease and you are in doubt whether it may be affected by COVID-19, then contact the doctor or hospital department responsible for your treatment.
- Keep in mind that most people suffer only mild symptoms of COVID-19, and that in Denmark highly competent doctors and nurses are ready to help you.
- Tell yourself that you are doing fine if you follow the guidance issued by the authorities.
- Do not blame yourself or others for the fact that you have been infected with novel coronavirus. Remember that the disease is caused by a virus, not by individuals, and that novel coronavirus is highly contagious.
- If you find that you cannot stop worrying, and if your worrying is beginning to affect your daily life, you can look at the Danish Health Authority's advice on how to handle anxiety caused by the COVID-19 epidemic. You can find it at sst.dk/corona.

Children may ask lots of questions about COVID-19. It is important to talk to children about their possible worries. On the Danish Health Authority's website sst.dk/corona, you can find advice and videos on how to talk to children about COVID-19.

4. Further information

If you have any questions about your illness, please call your doctor.

If you have questions about contact tracing or testing, please call *Coronaopsporing* (Corona Tracking) on tel. **32 32 05 11**.

If you have other questions, you can call the Danish government's hotline on tel. **70 20 02 33**.

If you have symptoms of COVID-19 and need to be tested, you can find further guidance in the information material *What to do if you have symptoms of COVID-19*.

If you have had close contact with someone who has tested positive for novel coronavirus, you can find further guidance in the information material *What to do if you are a close contact of a person who has tested positive for novel coronavirus*.

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