

# What to do if you test positive for novel coronavirus

In this pamphlet, you can find answers to some of the questions you may have if you test positive for novel coronavirus.

You can read about how to self-isolate, when you will be infection-free and how your close contacts are contacted, and more.

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## What to do if you test positive for novel coronavirus?

Your test is positive, which means that you are infected with novel coronavirus, if you get one of the following test results at [sundhed.dk](https://sundhed.dk):

1. Positiv (positive)
2. Påvist (detected)

If you receive a positive test, you should always do the following – even if you are vaccinated, have been previously infected, and/or do not have symptoms:

1. Self-isolate immediately
2. Contact your close contacts and other contacts, that is people you may have infected (see page 5 for more information)
3. Pay extra attention to hygiene and cleaning

### Have you tested positive with a rapid test or self-test?

A rapid test is also called a 'quick test' or an 'antigen test' and is taken by staff at a test centre. A rapid test can also be a self-test, that is a test you take yourself at, for example, school or your workplace.

If you have tested positive with a rapid test or a self-test, self-isolate immediately. You should also take a PCR test as soon as possible. A PCR test can confirm whether or not your rapid test or self-test has given the correct result. It can also show whether you are infected with a more contagious variant of the virus. You can book a PCR test on [coronaprover.dk](https://coronaprover.dk). If you need advice and guidance, you can call Coronaopsporingen on 32 32 05 11.

You can read more in our pamphlet [What to do if a rapid test shows that you are positive for novel coronavirus](#).

When travelling to a PCR test site, use a CE-marked face mask and avoid public transport and taxis.

## How do I self-isolate?

To prevent infecting others with novel coronavirus, it is important that you self-isolate if at least one of the following situations applies:

- You have tested positive for COVID-19
- You have symptoms of COVID-19
- You are a close contact and have either not received your third vaccination or have not been infected within the past 12 weeks.
- If you are in close contact and you are continuously exposed to infection because the infected person cannot self-isolate.

Self-isolation means:

- That you should stay at home and not meet with people you do not live with. Stay in your own home (and garden). Do not go to work, and get others to help with food shopping, etc. If you order food or other items for home delivery, make sure that deliveries are left outside your front door. Use a CE-marked face mask and keep a distance of 2 metres from others if you have to go out, for example to be tested or to walk the dog. Avoid going out at busy times when there are a lot of people.
- Avoid close contact with other members of your household. This is particularly important if you live with someone who is at higher 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 in the household. Avoid sleeping together and spending too much time together in the same room. If you can, use a separate toilet/bathroom. If this isn't possible, you should clean surfaces such as handles and taps before the bathroom is used by other members of the household.

### **Voluntary out-of-home isolation stays**

If you cannot avoid close contact with others in your household, for example if you live in a small home or because people you live with are at higher risk of severe illness from COVID-19, your municipality may help you with a voluntary out-of-home stay.

You must have tested positive, or be a close contact of someone who has tested positive for COVID-19, before you can be granted an out-of-home stay. Children who are close contacts and in isolation can also be granted an out-of-home stay with a parent.

Call your municipality to learn more about your options.

## When are you no longer contagious and can stop self-isolating?

### If you have had symptoms

You are no longer considered infectious and can stop self-isolating when you have been symptom-free for 48 hours. You can also stop self-isolating after 10 days of illness if you have been free from fever for the past 48 hours (without the use of, for example, paracetamol), you feel significantly better, and only have mild residual symptoms, such as loss of taste and/or smell, a mild cough, headache, fatigue, etc.

### If you have not had any symptoms

You are free from infection and can stop self-isolating 7 days after you took the test. 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 infect other people. So you do not have to have a negative test to be able to return to work, school etc.

### Children who test positive for COVID-19

Most children only develop mild symptoms of COVID-19. Children who have tested positive for COVID-19 should follow the same recommendations as self-isolating adults. This means that they must stay at home until they are free from infection.

Everyone in the household who is considered a close contact should follow the guidance in the Danish Health Authority's pamphlet [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#).

Children need care and physical contact such as hugs and comforting. This is more important than keeping your distance. This applies regardless of whether it is you or your child who has tested positive. It is recommended that one of the parents or another caregiver primarily looks after the child, to avoid close contact between the infected child and other close contacts in the home.

If your child has tested positive for COVID-19, you must inform their school or childcare institution as soon as possible, so that they can start tracing close contacts and other contacts and inform parents and employees that someone in the institution has been infected. You can find more information about this in [the Danish Health Authority's guidance for management of infection in children in school and childcare \(in Danish\)](#).

## Tracing close contacts and other contacts

You can find out more information about when a person is a close contact in the pamphlet [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#) from the Danish Health Authority. You will also find information about when close contacts are recommended to be tested and whether to self-isolate. In the pamphlet [What to do as 'other contact' of a person who has tested positive for novel coronavirus \(in Danish\)](#), you can read when a person is considered to be other contact and when they are recommended to be tested.

### If you have a positive PCR test result

If your PCR test shows that you are positive for COVID-19, it is important to inform everyone you have been in close contact with that there is a risk that they have been infected. There is no need to contact them while you are waiting for your test result or if your test is negative.

### If you have a positive rapid test

If your rapid test shows that you are positive for COVID-19, it is important to inform everyone you have been in close contact with that there is a risk that they have been infected. If your follow-up PCR test is negative, and you don't have any symptoms, you can stop self-isolating. Contact tracing can also be stopped, so your close contacts can stop self-isolating, and they no longer need to be tested.

### If you have a positive self-test result

You should book a PCR test yourself on [coronaprover.dk](https://coronaprover.dk). Contact tracing only starts once you have received a positive PCR test result.

### Get help on identifying and contacting your close contacts

If you have tested positive with a PCR test or rapid test, you will receive a letter in your e-Boks from the Danish Patient Safety Authority and will be contacted by an employee from Coronaopsporing. You can also contact Coronaopsporing yourself by calling 32 32 05 11. Coronaopsporing helps you find out who your close contacts and other contacts are and what you need to tell them. If needed, Coronaopsporing can call them and give them guidance on testing and self-isolation. You decide whether or not they share your name.

#### What should I tell my close contacts and other contacts?

If you contact your contacts yourself, it is important that you give them accurate information and guidance.

You can refer them to read the pamphlet [What to do if you are a close contact of a person who has tested positive for novel coronavirus](#) and [What to do as 'other contact' of a person who has tested positive for novel coronavirus \(in Danish\)](#). They can read more here about when it is recommended to be tested and whether to self-isolate.

#### Smitte|Stop app

If you have downloaded the **Smitte|stop** app, you are encouraged to use it to share your test result anonymously. This way, you can notify people you have been in close contact with, but who you do not know or whose contact information you do not have. You may, for example, have been sitting or standing close to someone on a bus, or at an event. These people are called 'other contacts,' and we recommend that they are tested once.

Read more about 'other contacts' at the [Danish Health Authority's website](#).

## What does it mean to pay special attention to hygiene and cleaning?

You pay extra attention to good hygiene and cleaning when you follow this advice:

- Wash your hands frequently and thoroughly with soap and water, or using hand sanitiser if you do not have access to soap and water. Washing hands with soap and water is always recommended for visibly dirty hands, after visiting the toilet or changing nappies, and before cooking and eating. Help young children to wash their hands. It is important to care for your hands, for example by using hand cream to prevent dry hands and eczema.
- Avoid touching your face. Cough or sneeze into a tissue or into your sleeve. Place used disposable tissues in 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.
- Open windows and doors and ventilate the room(s) you spend time in for 5-10 minutes several times a day.

## About being ill with COVID-19

Most people who become ill with COVID-19 develop symptoms within 1 to 14 days after being exposed to the virus. Most people get symptoms after 5-6 days.

Typical symptoms resemble those of the flu or the common cold, such as fever, dry cough and difficulty breathing. Other symptoms may include loss of sense of taste or smell, muscle pain, sore throat, etc. Symptoms may vary from person to person.

Most people only experience mild symptoms and do not need medical assistance. Some people develop more severe illness, usually after 4 to 7 days, during which their symptoms – cough, fever and difficulty breathing – worsen, and some people also develop pneumonia, which may require hospitalisation. The vaccines offer good protection against infection and severe illness, but they are not 100% effective.

### What can you do to reduce the symptoms?

You can do several things to relieve your own or your children's symptoms:

- Drink plenty of fluids, especially if you have a high fever.
- Muscle pain, headaches and fever may be relieved with paracetamol.
- A sore throat may be soothed with lozenges.

Contact your doctor if you are concerned about your symptoms or if your symptoms get worse.

### **How do you best manage to self-isolate?**

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

- Do all you can to keep in touch with friends and family. Use social media, the phone and video calls.
- Stay as active as you possibly can, if you are not feeling too unwell. Get up from your chair, move about or do some floor exercises.
- Remember that you are making a difference for others by staying at home. You are helping to prevent the spread of infection and protecting people at higher risk.

### **How do you deal with any concerns?**

It is natural to feel concerned when you find out that you have COVID-19. If you are concerned, you can do the following:

- Talk to your doctor if you are feeling anxious. 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 the hospital department in charge of your treatment.
- Remember that most people only develop mild symptoms and will recover without treatment, and can return to a normal everyday life – although it may take some time. A small number, however, may experience symptoms for a longer period of time.
- And also remember that in Denmark we have highly competent doctors and nurses who are ready to help you.
- Don't blame yourself or anyone else for getting infected. Remember that the disease is caused by a virus, not by people, and that novel coronavirus is highly contagious.
- If you find that you cannot stop worrying, and if this is affecting your everyday life, please visit the [Danish Health Authority's website](https://www.sst.dk/en), where you can find advice for managing anxiety during the COVID-19 pandemic (*in Danish*).

## Do you become immune after you have had COVID-19?

Most become immune in the period after they have been ill with COVID-19. The current research suggests that you will be immune for at least 6 months. We cannot be sure that the immunity from infection with novel coronavirus is as effective as the immunity received through vaccination. The Danish Health Authority therefore recommends that you are vaccinated, even if you have had COVID-19. You can be vaccinated 1 month after you have recovered – that is 1 month after you have stopped self-isolating.

Once you have recovered, it is still recommended that you continue to follow the guidance on [how to prevent infection](#).





## Further information

If you need medical advice about the course of your illness etc., please call your own doctor.

### Information from the Danish Health Authority

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