



COVID-19: Information for tourists in Denmark

How to protect yourself and others,
and what to do if you get ill.

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Protect yourself and others

COVID-19 typically spreads from one person to another in places with many people present via direct physical contact (shaking hands, hugging, kissing, etc.) and via droplets when an infected person coughs or sneezes.

Take care of your health and protect others by doing the following:



Wash your hands frequently or sanitize your hands with an alcohol-based hand rub



Limit physical contact – avoid handshakes, refuse kisses on the cheek and avoid hugging



Cough or sneeze into your or sleeve, not your hands



Be diligent with cleaning



Keep your distance and ask others to be considerate

Typical symptoms of COVID-19

It is important to be aware of any symptoms. If you are unsure whether you are ill, the Danish Health Authority recommends that you consider yourself ill. Symptoms are typically:



Fever



Dry cough



Troubled breathing

What if I get ill?



Self-isolate until you have been symptom-free for 48 hours



Follow the 5 general tips to prevent the spread of COVID-19



If you need medical assistance, call first. Do not show up without an appointment

What does isolation mean?

If you become ill, the Danish Health Authority recommends that you self-isolate until you have been symptom-free for 48 hours. Isolating means keeping a 2-metre distance from everyone (to the extent possible) – including your family. It is important that you do not go anywhere where you may infect others during your isolation. Therefore, you should not have visitors when you are ill. People you cannot keep a distance from should stay isolated with you and follow the same guidelines as you.

If you need medical assistance:

If you experience symptoms of respiratory disease or other symptoms related to COVID-19, call a doctor.

On weekdays between 8 a.m. and 4 p.m. call the nearest doctor's office for an assessment of your symptoms. Do not show up without an appointment. For other hours call a regional emergency medical service, do not show up without an appointment. The numbers are listed below.

North Denmark Region

Emergency medical service:

+45 97 66 02 50

Central Denmark Region

Emergency medical service:

+45 70 11 31 31

Region of Southern Denmark

Emergency medical service:

+45 70 11 07 07

Capital Region of Denmark

Emergency medical service:

+45 18 13

Region Zealand

Emergency medical service:

+45 70 15 07 08

In case of acute and life-threatening illness or injury, call 112.