[engelsk]

Important guidance if you have symptoms of COVID-19

What are the typical symptoms of COVID-19?

Typical symptoms of COVID-19:

- Fever
- Dry cough
- Difficulty breathing

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

What should I do if I get symptoms of COVID-19?

Self-isolate

- Stay at home. Do not go to work, school, the gym, out shopping etc.
- Avoid close contact with people you live with.
- Make sure to wear a CE-marked face mask if you need to leave your home, for example to be tested.

Focus on hygiene and cleaning

- Wash your hands with soap and water several times a day, and do not share towels with others.
- Avoid touching your face. Cough or sneeze into your sleeve or into a disposable tissue/kitchen roll paper.
- The room(s) you spend time should be cleaned daily. Use the cleaning products that you normally use.
- Open windows and doors to ventilate your home several times a day.

Book a test

- Book a PCR test on coronaprover.dk if you have symptoms that could be COVID-19 but you do not feel so ill that you need to consult your doctor.
- Call your doctor if you feel very ill or are anxious. Always remember to call first – never show up at your doctor's office without having made an appointment first.

When do I get my test result?

You can see your test result at sundhed.dk. You can also call your doctor.

Positive test result: A positive test result means that you are infected with novel coronavirus. You will be contacted by someone from Coronaopsporing who will help you determine who your close contacts are. It is important to inform the people you have been in close contact with that they may also have become infected. You must stay at home and continue to self-isolate.

You no longer have to self-isolate

- when you have been completely symptom-free for 48 hours.
- if after 10 days of illness you have been fever-free for 48 hours (without use of fever-suppressing medicines such as Panodil), if you feel significantly better and have only mild residual symptoms, such as loss of sense of taste and/or smell, a slight cough, fatigue, etc.

You can read more in the pamphlet *What to do if you test positive for novel coronavirus*.

Negative test result: A negative test result means that you are not infected with novel coronavirus. However, we always recommend that you stay at home if you have symptoms of a contagious disease.

What should those I live with do?

While you wait for the test result, those you live with can go to work, to school, go shopping etc. as they usually do. They should, however, keep their distance from you and pay special attention to hygiene and cleaning and to whether they themselves develop symptoms.

Especially about children

Most children only develop mild symptoms of COVID-19, and children should 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 guidance as adults who test positive. Always call your doctor if it is a child under 2 years of age.

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.

You can read more about children at our website or in the pamphlet

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Source: *What to do if you have symptoms of COVID-19*

8 April 2021