



## If a test has shown that you have coronavirus, you must go into quarantine

**This means that you must stay at home, to prevent you infecting others.**

**Do not go outside - not even to go to work.**

**Cancel all appointments and talk to friends and family via telephone or online instead.**

### When can I go out again?

- This depends on whether you have - or have had - symptoms such as fever, sore throat or cough.
- If you have had symptoms, you can go out again when you have been completely free of symptoms for 48 hours.
- If you have not experienced any symptoms at all and feel that you are in full health, you can go out 7 days after you took the corona test.

### How do I quarantine?

- While at home in quarantine, keep a 2-metre distance from those you live with.
- Avoid kissing and hugging.
- Avoid being in the same room for too long, and air out rooms for 10 minutes afterwards.
- Do not sleep in the same room as others.
- Wash or sanitise your hands frequently.
- Clean the surfaces that you touch with your hands every day,

- Such as door handles, remote controls, telephones, computer keyboards and mice, plug sockets, taps, toilets and toys. Use ordinary cleaning products

- Do not share towels with others.

- Get others to help you in collecting your children, doing the shopping, or walking the dog.

- If you get items delivered, have them left outside your door.

If you need assistance, for example in having your shopping done for you, you can contact the Danish Red Cross on 3529 9660

Wear a mask if you have to break your quarantine, for example, if you need to go to hospital.

It can be difficult to quarantine if you live with many other people. Therefore, it is possible to request a voluntary out-of-home quarantine stay in Copenhagen. Read more at [kk.dk/isolation](https://kk.dk/isolation)