ENGELSK

Isolation

Stay at home, if you have been in close contact with someone who has covid-19, or if you have tested positive for covid-19.

Do not break the isolation – not even to pick up your kids, go grocery shopping or go to work.

Need an out-of-home stay in order to isolate?

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When can I break the isolation?

Tested positive for covid-19
- If you have had covid-19 symptoms, you can break the isolation when you have been symptom free for 48 hours.

- If you have not experienced any symptoms, you can break the isolation 7 days after your covid-19-test.

Close contact of a person tested positive for covid-19
- Take a covid-19-test 4 and 6 days after you have been in close contact with a person tested positive for covid-19.

- Break the isolation if both tests are negative.

How do I isolate?
- Keep a 2-metre distance from those you live with.

- Avoid kissing, hugging, and sleeping in the same room.

- Avoid being in the same room for too long, and air out rooms.

- Wash your hands frequently.

- Clean surfaces such as door handles, remote controls, telephones, computer keyboards, plug sockets, taps, toilets and toys.

- Do not share towels with others.

If you need assistance with e.g. grocery shopping, contact the Danish Red Cross on 3529 9660

If you cannot isolate at home, Copenhagen Municipality can offer you a voluntary out-of-home stay in Copenhagen.

Read more at kk.dk/isolation