

General information about COVID-19

Tables of Contents

General information about COVID-19	1
Travels and tourists	2
<i>Test and entry into Denmark</i>	2
General guidance from the Danish Health Authorities to prevent infection	2
<i>Places where a face mask may be required</i>	2
Need for test	3
<i>You are recommended to test for COVID-19 if</i>	3
Infected with coronavirus during CphLX	3
<i>Forced to leave self-isolation?</i>	3
<i>Infected and when can I stop self-isolating?</i>	4
If you have severe symptoms that need medical aid:	4
<i>Close Contact</i>	4
<i>Test and test centers</i>	4
Contact and hotlines	5
New recommendations – stay updated	6

Travels and tourists

The Ministry of Foreign Affairs of Denmark continuously updates travel restrictions and guidance, adjusted to the infection situation and entry restrictions in each country. For updates, please go to The Ministry of Foreign Affairs' homepage in your country to check your regulations for traveling.

Test and entry into Denmark

Read more here:

https://en.coronasmitte.dk/Media/637795896395766813/FAKTAARK_The%20Danish%20model%20for%20entry_1_feb_2022_EN.pdf?fbclid=IwAR0J7SQKDIVymz7rHf-gQs4pKLabyIhCE3RNQn-AA2CROpkegyLIMlpSSM

General guidance from the Danish Health Authorities to prevent infection

To limit the spread of COVID-19, it is important to follow the rules and recommendations set by the authorities. It is important to follow the Danish Health Authority's six steps for infection prevention:

1. Get vaccinated
2. Stay at home and get tested if you experience symptoms
 - a. If you experience symptoms of COVID-19, you should self-isolate and take a test. If your test is positive, you must remain in self-isolation - even if you have been vaccinated.
 - b. To self-isolate means:
 - i. To stay at home and not have contact with anyone else other than the people you live with
 - ii. To avoid close physical contact with other members of your household
 - iii. To pay particular attention to hygiene and cleaning
 - c. If you test positive for COVID-19 but are unable to self-isolate at home - for example, if your home is very small or if you live with someone who is at higher risk of severe illness from COVID-19 - then your local municipality might offer you an out-of-home stay at a suitable facility.
 - d. Please call your municipality to learn more about your options.
3. Keep your distance, which means keep your distance from others in the public space whenever it is possible.
4. Open windows and doors and ventilate your home regularly
5. Wash hands frequently or use sanitizer
6. Clean thoroughly, especially surfaces that are retouched by many people.

Read more here: <https://en.coronasmitte.dk/general-information/prevent-infection>

Places where a face mask may be required

Social services and nursing homes etc.

At general practitioners or at hospitals

When traveling

Need for test

To prevent the spread of infection, it is important that you take a PCR test if you experience symptoms of COVID-19. This also applies if you have been vaccinated or previously infected. The National Board of Health recommends that you should be tested in situations where a test result may be important for the treatment of COVID-19.

You are recommended to test for COVID-19 if

You have symptoms of COVID-19 and you feel sick – this applies if you are 65 years or older or if you, for other reasons, are at increased risk of a serious illness with COVID-19. This also applies if you are pregnant.

1. You have contacted a doctor due to illness and the doctor assesses that there is need to know what is causing the symptoms.
2. You must be hospitalized and the hospitalization is expected to last more than 24 hours.
3. You are hospitalized urgently.
4. You are released from hospital to an institution, for example a nursing home or housing facility.

Infected with coronavirus during CphLX

Have you been infected with COVID-19? - This affects when your corona passport is valid again. Call your traveling agency and be aware of their guidelines.

If you have tested positive with a self-test, you no longer need to take a PCR test to get it confirmed. Instead, you are recommended to follow the Danish Health Authority's current recommendations for self-isolation. You no longer need to notify your close and other contacts.

1. If you have tested positive for COVID-19, you should self-isolate as soon as possible.
2. If you like, you can notify close contacts (it is not a requirement, but nice to do).
 - a. If you have the possibility to go on the app MinSundhed.dk: Give them your requisition number, which you will find together with your positive test result on sundhed.dk or in the app MinSundhed. By using the requisition number on coronaprover.dk, your close contacts can book tests themselves without waiting in a telephone queue at the infection detection - see here who you must notify among your contacts.
 - b. Inform about your infection via the digital infection detection, which you, together with your positive test result, will find a link to on sundhed.dk or in the app MinSundhed.

Read more here: <https://en.coronasmitte.dk/general-information/infected>

See the Guide: <https://en.coronasmitte.dk/general-information/infected/guide-if-tested-positive>

Forced to leave self-isolation?

Use a CE certified face mask if you need to break your self-isolation briefly in exceptional circumstances, e.g. if you need to get a test or go to the hospital. Do not use public transport, including taxi, when going to the test centre.

Infected and when can I stop self-isolating?

1. No symptoms:
 - a. If you haven't had symptoms, you can stop self-isolating four days after the test was taken.
2. Mild symptoms:
 - a. Mild symptoms of COVID-19 include a runny nose, a tickly throat, and intermittent coughing. They are typically short-lasting and you don't really feel unwell.
 - b. You can stop self-isolating four days after your test was taken. If you experience severe symptoms, continue to self-isolate until you no longer have severe symptoms.
3. Severe symptoms:
 - a. Severe symptoms of COVID-19 include fever, a persistent cough, sneezing or respiratory problems, and generally feeling unwell.
 - b. You can stop self-isolating when you no longer have severe symptoms of COVID-19, and at least four days have passed since your test. This means that you can stop self-isolating after at least four days if your symptoms improve from severe to mild.
4. <https://en.coronasmitte.dk/general-information/infection-free>

If you have severe symptoms that need medical aid:

1. Call emergency telephone 1813,
<https://www.regionh.dk/Sundhed/Akut-hj%C3%A6lp/1813/Sider/default.aspx>
 - a. It is important that you call 1812 before you go to the hospital.
2. Or Acute emergency call 112

Close Contact

As a close contact you are no longer recommended to be tested if you live with an infected person, or if you have had contact with an infected person in another context - what was previously called a close or other contact. This applies to both children and adults. Neither close- nor other contacts are recommended for testing, which is why you, as infected with COVID-19, do not need to notify your close and other contacts either.

Close contacts are only recommended to self-isolate if they experience symptoms of COVID-19.

Read more here: <https://en.coronasmitte.dk/general-information/close-contact>

See the guide:

<https://en.coronasmitte.dk/general-information/close-contact/guide-for-close-contacts>

Test and test centers

There may be a possibility for rapid tests with private providers by paying yourself. There is still nationwide access to PCR testing. "

Find the nearest test centre:

<https://en.coronasmitte.dk/general-information/test-for-covid-19/find-covid-19-test-center>

We can recommend the following test centres, which are available for foreigners:

Address	Opening hours	What to do?
Vingelodden 6 2200 København N	Monday: 07:00 - 22:00 Tuesday: 07:00 - 22:00 Wednesday: 07:00 - 22:00 Thursday: 07:00 - 22:00 Friday: 07:00 - 22:00 Saturday: 07:00 - 22:00 Sunday: 07:00 - 22:00	As a Danish citizen, you have to book a PCR-test at Coronaprover.dk. As a non-Danish citizen, you have to register on Covidresults.dk before showing up at the PCR-test centre.
København - Amager Sundholmsvej 22 2300 København S	Monday: 08:00 - 13:30 Tuesday: 08:00 - 13:30 Wednesday: 08:00 - 13:30 Thursday: 15:30 - 21:00 Friday: 15:30 - 21:00 Saturday: 15:30 - 21:00 Sunday: 15:30 - 21:00	Covidresults.dk offers tests for COVID-19 for non-Danish citizens. You can also find all test centres in Denmark here. You can show up at many test centres without an appointment.
Valby Værkstedvej 56 2500 Valby	Monday: 07:00 - 22:00 Tuesday: 07:00 - 22:00 Wednesday: 07:00 - 22:00 Thursday: 07:00 - 22:00 Friday: 07:00 - 22:00 Saturday: 07:00 - 22:00 Sunday: 07:00 - 22:00	As a non-Danish citizen, you have to register on Covidresults.dk before meeting up at the test centre. Create an account on this website: https://sts.covidresults.dk/Account/Login
Telefonvej 8 2860 Søborg	Monday: 15:30 - 21:00 Tuesday: 08:00 - 13:45 Wednesday: 15:30 - 21:00 Thursday: 08:00 - 13:45 Friday: 15:30 - 21:00 Saturday: 08:00 - 13:45 Sunday: 15:30 - 21:00	To create an account: choose "Sign up" and then enter your email. Documentation for the test result can be downloaded or printed from the website, https://sts.covidresults.dk/Account/Login
Maltegårdsvej 5 2920 Charlottenlund	Monday: 15:30 - 21:00 Tuesday: 08:00 - 13:45 Wednesday: 15:30 - 21:00 Thursday: 08:00 - 13:45 Friday: 15:30 - 21:00 Saturday: 15:30 - 21:00 Sunday: 08:00 - 13:45	Get help and find further instructions here. https://faq.covidresults.dk/en This help is also in deutsch on this site, https://faq.covidresults.dk/en

Contact and hotlines

If you have not found an answer to your question, please call one of the authorities' hotlines.

Hotlines to the authorities

Joint Danish Authorities corona hotline: (+45) 70 20 02 33



Dedicated hotline if you are infected or a close contact: (+45) 32 32 05 11
The Ministry of Foreign Affairs regarding traveling out of Denmark: (+45) 33 92 11 12

Read more here: <https://en.coronasmitte.dk/contact>

New recommendations – stay updated

In the near future, there may be changes in the recommendations. Please, talk to some of the volunteers or organizers at the festival, if you have any questions or stay updated at the links attached in this document on the latest news.

Read more here: <https://en.coronasmitte.dk/>

Good advice Good habits

There is still a lot you can do
to avoid infection



Get vaccinated



**Stay at home and get tested
if you experience symptoms**



Keep your distance



**Open windows and
doors and ventilate
your home regularly**



**Wash hands frequently
or use hand sanitiser**



**Clean thoroughly and
regularly, especially
surfaces that are touched
by many people**



Do's and don'ts while you are here

You have chosen to stay here voluntarily to prevent you from infecting others with novel coronavirus. Please follow these mandatory guidelines during your stay:

- Do not leave the out-of-home quarantine facility during your stay
- Do not receive visitors while you are here. Keep in touch with your family and friends by phone or video calls
- Follow the staff's guidance as to which common areas or outdoor areas you are allowed to use
- Have groceries or takeaway meals delivered if you need anything other than what the facility offers
- If you have paid for laundry service, you must sort your laundry and place it in a closed bag outside your door
- Clean your own room daily
- Use only your own toilet and bath

Your stay ends when you have been symptom-free for 48 hours or 7 days after you tested positive if you have not had symptoms. You must notify the staff and the municipality that you are leaving the facility.

If your symptoms worsen during your stay and you need medical attention, please contact either your own doctor or the out-of-hours medical service/1813.

14.01.2021