

You have tested positive for coronavirus (COVID-19) with a private test provider

Please contact the COVID-19 Contact Tracing Unit at +45 32 32 05 11, press 1. We can help you find and inform close contacts that you may have infected. Phones are open every day from 08:00 am until 10:00 pm. When we talk to you, we can also give you advice on how to avoid infecting others.

You must self-isolate

Self-isolation means that you avoid contact with other people:

- Stay at home. Do not leave your home to go shopping or go to work.
- Avoid physical contact with your family or people that you live with. If possible, use a different bathroom.
- Cancel all visits.

The duration of your self-isolation depends on whether or not you have any symptoms of COVID-19.

If you cannot isolate from you family or the people you live with, e.g. because your home is too small, or if you live with someone at higher risk from coronavirus, you may be offered a voluntary stay at an isolation facility outside your home.

Find out who your close contacts are

You must find out who you have been close to during the time you may have infected others – at home, at work and in other places.

- If you **have symptoms**, find out who you have been close to 2 days before your symptoms began and until you self-isolated.
- If you **do not have symptoms**, find out who you have been close to 2 days before you were tested for coronavirus until now.
- If you **have experienced symptoms after you were tested**, find out who you have been close to 2 days before the test until now.

You should inform your employer that you have coronavirus. If your child has coronavirus, inform their school or daycare.

Read more about self-isolation and close contacts in [the Danish Health Authority's guide on what to do when you have tested positive for coronavirus](#).

You must inform your close contacts that they should self-isolate and get tested

When you have found out who your close contacts are, you must tell them that:

- They may be infected with coronavirus

- They must self-isolate
- They must get 2 tests:
 - One test 4 days after your contact
 - One test 6 days after your contact
- They must get the 2 tests by calling the COVID-19 Contact Tracing Unit at +45 32 32 05 11, press 3.

It is important that your close contacts get the tests through the COVID-19 Contact Tracing Unit, so that they get a result as soon as possible.

Your close contacts can get more information in [the Danish Health Authority's guide for close contacts](#)

Contact information

If you have any questions about contact tracing or testing, please call the COVID-19 Contact Tracing Unit at **+45 32 32 05 11, press 1.**

If your close contacts have any questions, they can call the COVID-19 Contact Tracing Unit at **+45 32 32 05 11, press 2.**

If you have any questions about treatment of your illness, please call your general practitioner.

Regards

The Danish Patient Safety Authority