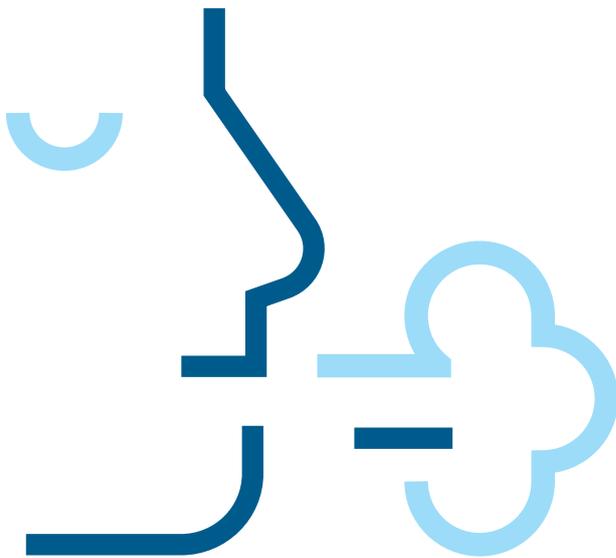




Infectious diseases

In this pamphlet, you can read about what to do if you
or your child have symptoms of an infectious disease

28 April 2022



Prevent infection

By following this guidance, you can prevent infection of, for example, COVID-19, influenza and colds:

1. Stay at home if you are ill or have symptoms of illness
2. Wash your hands or use hand sanitiser
3. Clean thoroughly – especially surfaces that are touched by many people
4. Open windows and doors, and ventilate your home regularly
5. Cough or sneeze into your sleeve

Do you have symptoms of COVID-19, influenza or a cold?

Many symptoms of infectious diseases are similar to each other. It can therefore be difficult to know whether it could be COVID-19, influenza or a cold. If you have symptoms of illness and feel unwell, it is recommended that you stay at home until you are better.

You do not need to be tested for COVID-19 unless you have clear symptoms and are at a higher risk of becoming severely ill from COVID-19, for example if you are over 65, are chronically ill or are pregnant.

If you need to know if you have COVID-19, you can take a self-test or PCR test. To get a PCR test, you need to register at [Covidresults.dk](https://www.covidresults.dk) to make an appointment. Find a map of the test centres at [en.coronasmitte.dk](https://www.en.coronasmitte.dk).

When should you contact a doctor?

- If you feel so ill that you would like to speak with a doctor.
- If you are concerned or in doubt.
- If you have tested positive for COVID-19 and are at higher risk, you may be in the target group for early treatment for COVID-19.

Have you tested positive for COVID-19?

If you have tested positive for COVID-19, you are advised to self-isolate. The severity of your symptoms determines how long you are recommended to self-isolate.

No symptoms	Mild symptoms	Severe symptoms
It is recommended that you self-isolate until four days after you have tested positive.	<p>Mild symptoms include a runny nose, sore throat, mild cough, etc. They do not typically last long and you will not feel too unwell.</p> <p>You can stop self-isolating four days after you took a test.</p>	<p>Severe symptoms include fever, persistent cough or breathing difficulties, and you will also feel ill.</p> <p>You can stop self-isolating when you no longer have significant symptoms, however no earlier than four days after your test was taken.</p>

How do I self-isolate?

- You should stay at home and avoid meeting people you do not live with. Use a face mask with a CE mark and keep a distance of two metres from others if you have to go out in exceptional circumstances, for example if you need to be tested.
- Avoid close physical contact with people you live with, as far as possible. This is particularly important if you live with someone who is at higher risk of becoming severely ill from COVID-19.

If you are unsure about what to do during self-isolation, you can call Coronaopsporing on **+45 32 32 05 11**.

How to contact a doctor

Your doctor is stated on your health insurance card

Out-of-hours medical service (in case of illness outside of your doctor's working hours):

- Capital Region of Denmark: 1813
- Central Denmark Region: 70 11 31 31
- North Denmark Region: 70 15 03 00
- Region Zealand: 70 15 07 00
- Region of Southern Denmark: 70 11 07 07

Do you have symptoms of tuberculosis?

Tuberculosis is a serious infectious disease, typically in the lungs. It can be treated, but treatment should be started quickly. Preventive treatment can also be given if you have been exposed to infection. The disease rarely reoccurs if you receive timely treatment.

You should contact your doctor if you are in one of the following situations:

- If you have symptoms such as a long-term cough, bloody mucus, fever, weight loss or night sweats
- If you have had contact with someone infected with tuberculosis

Do you have symptoms of measles?

Measles is a childhood disease, but adults can also be infected, especially if they have not been vaccinated. In Denmark, both children and adults can be vaccinated against measles free of charge. Measles is characterised by cold symptoms and fever, after which there will be a rash for up to a week. It is recommended to self-isolate as much as possible for the first week to avoid infecting others. If you need to take your child to a doctor, please let the doctor know if you suspect measles.

Have you been bitten by your pet?

Rabies is found among animals in Ukraine. Rabies is a viral disease that can cause severe, fatal inflammation of the brain in humans. If you have been bitten, scratched or licked by an animal that you or others have brought with you from Ukraine, it is important that you immediately contact a doctor. This is to make sure that treatment against rabies can be started within 24 hours, unless the owner can document that the animal has been vaccinated and has had a blood test to show that the vaccination was effective. If you have brought an animal with you from Ukraine, you must contact the Danish Veterinary and Food Administration and have the animal vaccinated. Read more at www.foedevarestyrelsen.dk, where you can find information in English and Ukrainian.

Find more information

- You can read about your right to treatment in the Danish healthcare system in the pamphlet 'You and your Health' at www.sst.dk/ukraine.
- All children and adults are recommended to accept the free vaccinations offered through the childhood immunisation programme. Read more in the pamphlet 'The Danish childhood immunisation programme' at www.sst.dk/ukraine.
- Extra vaccinations against, for example, influenza and whooping cough are offered to pregnant women and persons at higher risk of becoming severely ill. Read more at www.sst.dk/ukraine.