

What should I do while I am reducing my social contact?

If you are to have less contact with other people than normal, there are a number of things you can do instead. Depending on your situation, you could take a walk in an area where there are not many people, spend some time in the garden, speak to friends and relatives via video chat, etc. If you normally go to an exercise class, you can look into practising gymnastics exercises at home instead.

What do I need to look out for?

Call your doctor if you experience:

- ▶ A newly developed cough
- ▶ Fever
- ▶ Difficulties breathing
- ▶ Illness which lasts for several days
- ▶ Failure to recover
- ▶ Worsening of symptoms

It is important to call first and to refrain from showing up in the waiting room where you can infect others.

Keep up-to-date with the latest developments in the coronavirus situation via the Danish Health Authority's website www.sst.dk/corona.

Coronavirus advice for people belonging to a risk group

Protect the most vulnerable

What is coronavirus?

Coronavirus infects the respiratory tract. Symptoms can range from those of the common cold to severe pneumonia and the virus is transmitted from person to person via droplets emitted when we cough or sneeze, via surfaces and through contact (handshakes, objects, door handles, etc.).

The novel coronavirus appears to primarily cause severe symptoms in the elderly and in people with chronic illnesses. If you belong to one of the risk groups, you need to take extra care to protect yourself and other particularly vulnerable people from infection.

Which groups are most vulnerable?

Certain groups are at particular risk of becoming seriously ill if they are infected by the novel coronavirus.

- The elderly (especially those over 80)
- Pregnant women (as a precaution)

People with chronic illnesses

- Personer med hjertekarsygdom (gælder ikke velbehandlet hypertension)
- Personer med kronisk lungesygdom (gælder ikke velbehandlet astma)
- Personer med nedsat immunforsvar
- Personer med diabetes
- Personer med kræft
- Børn med kroniske sygdomme

You should consider yourself to be at particular risk if you suffer from a moderate or severe chronic illness. E.g. very high blood pressure or asthma which is not well controlled by the use of medication. If your illness is well controlled and your chronic symptoms are under control, then you do NOT belong to a risk group. If you are unsure whether or not you are at particular risk and are in need of specific advice, we recommend that you get in contact with your regular doctor.

What can I do if I belong to one of the risk groups?

Follow the general hygiene advice in place

If you belong to one of the risk groups, we recommend that you take extra care to follow the general advice in place regarding hygiene and social contact.

- Wash your hands often or use hand sanitiser. Remember to do so particularly when you have been in contact with other people, before eating, etc.
- Cough or sneeze into your sleeve – not your hands.
- Wear gloves when you go out.
- If you begin exhibiting symptoms, stay at home until you are healthy, even if your symptoms are mild.
- Reduce physical contact (handshakes, hugs and kisses) and avoid social activities.
- Avoid places/activities which involve being in close contact with other people (e.g. shopping centres, supermarkets, gyms, choir practice, exercise classes, bridge clubs, family events, visits to or from the grandchildren).
- Ask others to be considerate.

Take special precautions

We also recommend that you think carefully about how you can protect yourself as much as possible from becoming infected.

- Stay home to the greatest extent possible.
- Avoid places where there are a lot of people. Avoid using public transport, especially during peak hours.
- Maintain a very high level of hand hygiene. Wash your hands thoroughly after touching door handles, etc. and when you return home. Consider wearing gloves when you go out.
- Avoid touching your nose, mouth and eyes if you do not have clean hands as the virus can transfer from your hands to the mucous membranes in your nose, mouth and eyes.
- Keep your distance from other people, especially if they appear to be sick. Droplets emitted from coughs and sneezes can spread in the air by up to two meters and infect other people. They do not linger in the air for long, however.