

Patient information for COVID-19 tested

For patients in assessment clinics and testing clinics

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You have been swabbed for SARS-CoV-2 (coronavirus) in one of the Region of Southern Denmark's assessment and testing clinics. Here you can read how to get your test result and how to proceed.

This is how to get the test result

You can get your test result on sundhed.dk. If you do not have NemID, contact your own doctor. The vast majority will receive the results within 24-72 hours after the test is done.

If you have been tested because you have symptoms of COVID-19, stay at home and avoid close contact with others until you get a result.

Is the test result negative

If the test result is negative, no coronavirus has been detected when you were tested. However, a negative test result does not completely rule out the possibility that you may have coronavirus (false negative), nor does it rule out that you may be infected later.

You should therefore contact your own doctor/ the on-call doctor if symptoms worsen and/or if you have symptoms over a long period of time.

You must continue to follow the recommendations and advice of the authorities in relation to preventing infection. Read more at sst.dk/corona.

Is the test result positive

If the test result is positive, then you are infected with coronavirus.

To minimize the risk of spread of infection, you must take the following precautions in accordance with the Danish Health and Medicines Authority's guidelines:

- Stay at home in isolation until you are considered infection-free (without symptoms for 48 hours).
- If you tested positive but do not have symptoms, you should be in isolation for 7 days from the time of the test. If you develop symptoms during the period, you must remain in isolation until you are symptom-free for 48 hours.
- Avoid close contact with others. Get others to help you with e.g. shopping.
- Stay away from vulnerable people such as the elderly, infants and chronically ill.
- Keep a distance from people in your household. Stay in different rooms.
- Keep a good hand hygiene.
- Clean the room(s) you stay in every day while you are sick. Use ordinary cleaning products.
- Perform frequent cleaning of contact points and surfaces that are touched by many in the household e.g. handles, electrical contacts and tablets.
- Wash towels, bed linen and underwear at a minimum of 60 degrees.

If nothing can be concluded from your swab (the swab is inconclusive), you must have a new swab.

You should therefore contact your own doctor or the on-call doctor for a new appointment.

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Inform close contacts about infection risk

You should inform your close contacts if you are infected. Close contacts are as follows:

- Persons who live with you.
- Persons who have had direct physical contact with you (e.g. by hugging).
- Persons with unprotected and direct contact to secretions from you (e.g. have been coughed on or have touched used handkerchief, etc.).
- Persons who have had close "face-to-face" contact within 1 meter for more than 15 minutes with you (e.g. conversation with the person).
- Healthcare staff and others who have participated in taking care of you and who have not used protective equipment as per the prescribed ways.

Your close contacts should contact their own doctor so they can get an appointment for two tests for COVID-19.

Not sure what to do? Then contact your own doctor who can help you. You can also contact the joint hotline - 70 20 02 33 - to help track down and inform your close contacts if you are unable to do so yourself.

Worsening symptoms

You should pay special attention to increasing cough, fever and difficulty in breathing, which may be signs of more severe COVID-19. If your symptoms worsen, contact your own doctor or the on-call doctor immediately.

Symptoms

Symptoms that may give suspicion that you are infected with SARS-CoV-2 (coronavirus) and thus have COVID-19:

- Fever
- Cough
- Sore throat
- Headache
- Muscle aches
- Shortness of breath

You can read more at [coronasmitte.dk](https://www.coronasmitte.dk)