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Information on how to take a self-test

Reopening society on our way out of the corona pandemic is in full swing, but there are still people who are not vaccinated yet. Many of the measures to protect society during the pandemic have been aimed at children and young people, despite the fact the risk of serious illness and death is very low for this age group.

In 2021, everyone over the age of 16 will be offered two vaccine doses. High risk individuals are already protected. To restore the daily life of children as much possible, but still have control over the spread of infection, the government has been decided that testing can replace quarantine for pupils, students and 'close contacts' of individuals who test positive for COVID-19. If you choose not to be tested, you must remain at home in quarantine.

All 'close contacts' (persons who have been in close physical proximity to an infected person) should be tested with a rapid test as soon as possible after being close to the infected person, preferably on the first day of contact. You must remain in quarantine until the test result is available. If you continue the test regime, you do not need to be in quarantine the rest of that time and can attend school and otherwise live as normal.

- **Children up to and including primary school age** must be tested on day 1 and then self-test at home in the morning on day 4 (3 full days after the first test).
- **Children in lower secondary school and older** must be tested on day 1 and then take a self-test at home on days 3 and 5.
- The kindergarten/school will inform you of the date for when the self-tests are to be carried out.

However, if you have been in close physical proximity with someone who is infected in your household, or similarly close contact (such as a boyfriend or best friend), you must remain in quarantine at home.

If you develop symptoms of a cold or your body feels different than normal, you should stay at home and contact a COVID test center to schedule a test. This applies to both unvaccinated and vaccinated persons.

The user guide for self-testing is enclosed with this letter. Read this carefully before performing the test. Use the QR code on this letter for more information about self-testing instructions.

If the test is negative (no infection detected) you do not need to remain in quarantine.

If the test is positive (infection detected) , you need to contact the municipal corona center immediately, by calling: 69 38 11 08 and press key selection 4. You must stay at home, and the municipal corona center will call you to tell you what to do.

For any questions about self-tests, contact the municipal corona center by phone (69 38 11 08) and select key option 4.

Opening hours for the municipal corona hotline (69 38 11 08) for questions about self-testing and reporting a positive result:

Monday - Friday: 08:30 - 20:30

Saturday and Sunday 10:00 - 20:30

Frequently Asked Questions

Does the test hurt?

No, this is a test taken at the front of the nose. It is a little uncomfortable, but it will not hurt.

What do I do if the test kit does not work or something goes wrong?

Contact us by phone or book an appointment for a test via our online booking.

What do we do if the dots are green?

Contact the corona center for a new set kit, or visit us to take the test if the test kit cannot be used.

What if it is not possible to take the self-test?

We have good experience and competence and are happy to assist you with taking the test here at the corona center.

What if we do not want to test a child?

Of course, it is your own choice whether you want to test the child or not. If you choose not to follow the test regimen, the usual quarantine rules apply; i.e. quarantine for 10 days from the last day of exposure to the infected person.

Is a rapid test acceptable, even if I have symptoms?

In case of symptoms, everyone must make an appointment to take the PCR test – but in the meantime you must stay at home.



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