**The Danish Health Authority’s general advice with regards to limiting the spread of infection and protecting risk groups are:**

* Wash your hands frequently or use hand sanitiser
* Cough or sneeze into your sleeve
* Limit physical contact
* Be diligent with cleaning at home, including airing out
* Elderly and those with chronic disease – keep your distance and ask others to be considerate

Follow this advice and integrate it into everything that you do.

If you follow the authorities’ advice, you can help prevent the spread of infection and protect yourself and others from becoming infected.

Pay attention to developing symptoms. The typical symptoms of beginning and mild illness resemble common symptoms of the flu and other upper respiratory infections:

* Sore throat
* General malaise
* Muscle aches and pains
* Dry cough and fever

Some may also experience headache, nausea, diarrhoea and possibly other symptoms. These mild symptoms of COVID-19 cannot be distinguished from a cold or the flu, which are caused by other viruses.

If you are sick and have symptoms, stay home and read more about what to do in the section “I’ve become ill – what should I do?” on [www.coronasmitte.dk](http://www.coronasmitte.dk) and

**Contact your employer as soon as possible.**