



## COVID-19 requirements for residents at the DFC Hostel

Warmly welcome to the DFC Hostel!

### COVID-19 test and quarantine

If you are entering Denmark from a country or region, from and to which the Danish Ministry of Foreign Affairs advises against travel due to COVID-19, it is required that you:

- Take a COVID-19 Rapid or PCR test upon arrival at the public test centre at Copenhagen Airport
- Self-isolate in your room for 10 days
- **This self-isolation can be broken upon receipt of a negative result from a PCR test taken no earlier than the fourth day of entry**

### COVID-19 test at Copenhagen Airport

Upon arrival, you are to take a COVID-19 test at the public test centre at Copenhagen Airport. Note that a mobile phone number working in Denmark is required as contact information for test results. If necessary, you can buy a phone card at the airport or here: <https://mobile.lebara.com/dk/en/>

### COVID-19 PCR test after four days of entry

We suggest that you use one of the following PCR test providers:

- [Region Hovedstaden](#)/public test centre – go direct to a corona test site and be tested. Free
- [Pentabase](#) (private) - book an appointment for a PCR test [here](#). Cost 380 DKK
- [Medical Office](#) (private) - call between 8.30am and 2.00pm at: +45 33489263. Cost 600 DKK

### How do I receive my test results?

*Public test centre/ Copenhagen airport:*

If you HAVE BEEN infected with coronavirus, you will be contacted by phone by staff of the Danish Health Authority.

If you are not contacted within 72 hours after your test, then you are NOT infected.

*Pentabase/Medical Office*

The test results will be sent to you by email via a code on your phone.

**NOTE** that even if the test result from the airport test centre is negative, you are still to stay in self-isolation until you have received a negative test result from the fourth day test (normally on day five or six).

### What to do in case of a positive test or COVID-19 symptoms?

In case the test result is positive or in case of COVID-19 symptoms, **it is important that you stay in your room** and contact DFC by phone at: +45 3536 1322 or by e-mail: [dfc@dfcentre.dk](mailto:dfc@dfcentre.dk).

Outside DFC opening hours, you can call the DFC contact person at: +45 6092 6288 or the Danish Health Authority's COVID-19 hotline phone: +45 7020 0233

### What does isolation imply?

Self-isolating means staying in your room and not leaving it (unless for COVID-19 test). You should not go out for any reason - even to buy food, medicines or other essentials, or for exercise. You can arrange for others to do grocery shopping for you and leaving the items outside your door.

### Home Transport

It is a requirement that you wear a face mask in public transport and taxis and keep physical distance. Always comply with the general guidelines for appropriate behaviour in the public space and follow the Danish Health Authority's recommendations regarding how to limit the spread of infection. Find more info about this at the website of the Danish Health Authority: <https://coronasmitte.dk/en>

You are most welcome to contact the DFC staff during your isolation period **but only by phone or e-mail**. You will find our contact details at our [website](#).

We hope that you will have a pleasant stay at DFC despite the difficult times!