Important information about COVID-19 testing for migrant workers in Denmark

All citizens and workers in Denmark have the possibility of being tested for COVID-19, even if they do not have any symptoms.

During the Corona crisis, Denmark has chosen to keep its borders open to everyone working in Denmark and without imposing any quarantine requirements. Instead, all workers entering the country are offered the opportunity to be tested.

If you are travelling from a high-risk area, you are advised to be tested on entering, or as soon as possible after your arrival in Denmark. The health authorities recommend that you self-isolate until 48 hours after the test has been taken or until you are contacted by the authorities because your test result is positive. You can see which areas are currently considered high-risk areas here:

[Countries in the EU, Schengen and UK that comply with the COVID-19 infection criteria](#)

If you have not been in a high-risk area, you can still request a test, but there is no recommendation for self-isolation. If you are offered testing at the border, you are advised to take the test there.

If you travel back and forth daily or often from a high-risk area, the Danish Health Authority recommends that you are tested every seven days. You are not covered by the self-isolation recommendation for 48 hours after the test was completed.

If you develop COVID-19 symptoms during your stay in Denmark, you should follow the applicable instructions. You can read more about these below. If you develop symptoms during your stay in your country of residence, you should follow the instructions that apply in your country. You may be turned away at the border if you have visible symptoms.

In this leaflet, you can read about the possibilities for being tested even if you do not have any symptoms. You can also read about what to do if you develop symptoms or if you have been in close contact with an infected person. Finally, you can read about what steps to take if you have become infected. You should also read the Danish Health Authority's multilingual leaflet for tourists, which contains general advice about avoiding infection in Denmark here:

[COVID-19: Information for tourists in Denmark](#)

You are also advised to read the detailed questions and answers on the Danish Health Authority's website:

[Questions and answers about novel coronavirus and COVID-19](#)

You can only be tested to see if you are infected with COVID-19 at the time of testing. It is not possible to be tested to see if you have previously been infected with COVID-19.

Can your employer require you to be tested?

Your employer may require you to be tested if the conditions of the work in question specifically necessitate it. If you refuse testing in such a case, it may have consequences in terms of employment law.

Testing is voluntary in most workplaces. It is also voluntary to inform your employer if you have been tested. You are advised to let yourself be tested if you have travelled from a high-risk area and to be open about the result to employers and colleagues to contribute to an effective prevention of work-related COVID-19.

The employer must involve you and your colleagues in the work to prevent and manage infection with work-related COVID-19. The employer must also involve you and your colleagues in dealing with other COVID-19 related working environment issues. And if the workplace has a so-called health & safety organisation, this must be involved. Ideally, testing guidelines would be discussed as part of this work, both where it is voluntary and where the employer may require it.

What should you do if you want to be tested but do not have any symptoms?

If you have been tested at the border, you must follow the instructions you were given there.

If you have a Danish personal identification number because you are registered here or have a personal tax identification number:

In Denmark, digital self-service solutions can be used using a secure log-in called NemID. You can read more about NemID here:

[About NemId](#)

If you have NemID, you can book an appointment online at [coronaprover.dk](#).

If you do not have NemID, you can book an appointment by calling the region where you wish to be tested:

- Capital Region of Denmark, tel: +45 30 66 89 37, daily from 10am - 6pm

- Region Zealand, tel: +45 57 68 42 33, daily from 9am - 12pm and 1pm - 8pm

- Region Mid Jutland tel: +45 78 42 42 42, weekdays from 8am - 3pm, weekends and public holidays from 9am - 1pm

- Region South Denmark, Test Centre Denmark, Tel: +45 99 44 07 17, weekdays from 9am - 3pm

- Region North Jutland, Test Centre Denmark, Tel: +45 30 62 59 81, daily from 9am - 5pm

You can be tested in a number of different places in Denmark. You will find out where to take the test when you book your appointment.

It is also possible to be tested without pre-booking an appointment at a mobile test station. During the summer period, they will pass through typical tourist areas. You can just show up. Keep yourself updated on the region's website or call the region, who can inform you if there is a mobile test station close to you.

If you have been in a high-risk country/region, the health authorities recommend that you self-isolate until you have received a negative test result. However, the recommendation does not apply to you if you travel back and forth daily or frequently, in which case the Danish Health Authority recommends you are tested every seven days.

If you do not (yet) have a Danish personal identification number:

If you are offered the opportunity to be tested at the border, you are advised to take the test. There is no need to pre-book an appointment if you are tested at the border. It is also possible to be tested without a pre-booked appointment at a mobile test station. During the summer period, they will pass through typical tourist areas. You can just show up. You can call the region on the above telephone number, and they will inform you where there is a test station.

If you have been in a high-risk country/region, the health authorities recommend that you self-isolate until 48 hours after taking the test. However, the recommendation does not apply to you if you travel back and forth daily or frequently, in which case the Danish Health Authority recommends you are tested every seven days.

If you have been in close contact with an infected person

If you have been in close contact with a person who has tested positive for COVID-19, you are at risk of becoming infected yourself. It is therefore important that you get yourself tested and go into self-isolation. When you have been in close contact with an infected person, you first need to have a referral before you can book an appointment for your test:

- If you have a Danish personal identification number, you can obtain a referral for being in close contact with an infected person by calling Coronaopsporing (Corona Tracking) on +45 32 32 05 11. You can then book an appointment by following the instructions above.
- If you do not (yet) have a Danish personal identification number, you should instead call the region where you will be tested so they can inform you where a test station is located near you. You can see the different regions' phone numbers above.

If you have tested positive for COVID-19, you will be contacted by Coronaopsporing within 48 hours. An employee from Coronaopsporing will tell you how to proceed after you have received a positive test result. If you have not heard from Coronaopsporing within 48 hours after you have been tested, this means that your COVID-19 test result is negative and you no longer need to self-isolate.

You can read more about what it means to be in close contact with an infected person and what to do if you are in close contact with a person who is infected with COVID-19 in the Danish Health Authority's leaflet on close contact with an infected person:

For those who are in close contact with a person infected with the novel coronavirus

Children and adolescents under 18 years of age

It is not possible to test children and adolescents under the age of 18 who are not displaying any COVID-19 symptoms.

How to get your test result

If you have a Danish personal identification number:

If you have NemID, you can see your test results on sundhed.dk.

If you do not have NemID, you can get your test results by calling Coronaopsporing on tel: +45 32 32 05 11 48 hours after the test has been taken. Please note that Coronaopsporing only has your test result if it is positive. You can also call a general practitioner of your choice after 48 hours.

If you do not have a Danish personal identification number:

The Corona Tracking authority will contact you if the result is positive, i.e. if you are infected with COVID-19. If you have not been contacted by the Corona Tracking authority after 48 hours, your test result is negative.

If you have symptoms

If you have any symptoms, it is important that you self-isolate. Read about self-isolation below.

If you have not already been tested, please contact your nearest general practitioner to be referred for testing. If you need medical assistance, please do not visit your doctor without an appointment. Instead, you should contact your closest general practitioner during normal daytime hours. If you have moderate/severe symptoms, e.g. breathing difficulties, or your symptoms deteriorate, you can also call 1813 in the Capital Region of Denmark and the emergency doctor in the other regions outside the general practitioner's opening hours.

Until you have received your test result, you should consider yourself as being infected (see below).

If you are infected

If you have been tested positively for COVID-19, you must call in sick and stay home. We recommend that you inform your employer that you are absent from work due to COVID-19, so that others you have been in close contact with can decide if they should be tested.

You should isolate yourself from others, including your family. If you live with colleagues, you should isolate yourself from them.

You can read more in the the Danish Health Authority's questions and answers in the above link, and go to the section "On being ill with COVID-19 and on being tested".

You must call Coronaopsporing (Corona Tracking) on +45 32 32 05 11 in order for the authorities to help you trace your contacts. If you provided your phone number in connection with booking your appointment via NemID, you will automatically be contacted by Corona Tracking.

In Denmark, we are introducing the possibility for municipalities to offer voluntary accommodation in an isolation facility, e.g. if you live with many people in a small area and/or without optimal room division. This applies to everyone in Denmark, including workers without a personal identification number.

As a worker travelling to Denmark, it may be relevant for you to make use of this opportunity, if you normally live in another country and, for example, normally stay with other colleagues. This leaflet will be updated with information once the scheme has been fully implemented.