

Do you have newly arisen respiratory tract symptoms? ¹

Stay at home from work/school/childcare.

Children age 0-12 who **only have a runny nose or mucus/snot and otherwise feel well**, can go to childcare/school.

Adults/adolescents

Children (age 0–12)

Positive ²

Get tested

Negative

Self-isolate at home for 6 days after the onset of symptoms. You must be fever-free for at least 24 hours before the isolation is lifted.

Stay at home until you feel well and have not had a fever during the past 24 hours.³
If you have vague symptoms (such as some mucus/snot or a mild headache), you may return to work/school the same day.

Parents may consider testing the child for COVID-19.

If the child has had close contact with a confirmed case of COVID-19 they should be tested.

Negative

Positive ²

Self-isolate at home for 6 days after the onset of symptoms. The child must be fever-free for at least 24 hours before the isolation is lifted.

¹ Fever, cough, sore throat, loss of sense of smell and taste, mucus/snot, headache, poor general condition.

² If you have taken a rapid antigen home test with a positive result, you need to confirm the result with a PCR test at a municipal test station.

³ Persistent symptoms such as mucus/snot (regardless of consistency and colour), hoarseness or residual cough is fine.

⁴ Children under the age of 16 should not be tested if it is unreasonably demanding to have the child tested.

Call a doctor/GP if the symptoms are serious or persist over a long period of time.

Always consult a doctor if you are worried about a child!

In general, there should be a lower threshold for contacting a doctor the younger the child is.