Denmark

Risk Ratings

LOW MEDICAL RISK for Denmark

Risk Summary

COVID-19 is a pandemic. All areas are likely to experience an outbreak and disruption.

International SOS is monitoring the situation closely.

Please see our:

Medical and Security Alerts for Denmark
COVID-19 information for Denmark
Dedicated COVID-19 website

The security environment is benign. Petty crime can be a problem in crowded areas of the capital Copenhagen, but is rare elsewhere. The country faces a credible risk from terrorism, because of its active participation in the US-led military campaign in Afghanistan and a Danish newspaper's controversial publication, in 2005-06, of a series of cartoons depicting the Muslim prophet Mohammed. Terrorist plots are often discovered and disrupted by the authorities. Protests occur periodically and can sometimes result in localised clashes with the police. The country benefits from one of the most developed transport infrastructures in the world, though the country's geography (with many islands) can complicate travel.

This information is intended as a summary of the travel security environment; however, the risks can change at short notice during a crisis or evolving situation. Please check our travel security alerts to ensure you are informed of the most recent developments.

STANDING TRAVEL ADVICE

Alerts

COVID-19: Persistent restrictions in response to ongoing pandemic underline continued need for flexibility
Human case of swine flu variant

View All Alerts

Vaccinations For Denmark

*COVID-19  Vaccination is recommended for all travellers.
Read more

Hepatitis A  Many travel health professionals recommend
Read more

Hepatitis B  Recommended for health care workers and anyone
Read more

Routine Vaccinations

- All routine vaccinations should be current: these include Measles-Mumps-Rubella, Polio, Tetanus-Diphtheria-Pertussis, and Varicella.

Other Medical Precautions

https://www.internationalsos.com/MasterPortal/PrintDisplay.aspx
Before you go - See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:

- **Malaria**
- **Zika Virus**
- **Health Threats**

## Alerts

- Suspected meningitis outbreak
- Yellow fever
- Cases of yellow fever

View All Alerts

### Before You Go

See your doctor and dentist and ensure you are in the best health before you leave. Other preparations:

- **Check your routine vaccinations**
  
  Check your measles and other routine vaccinations are up to date (polio; varicella; mumps and rubella; tetanus, diphtheria and pertussis, seasonal influenza). See a travel health practitioner 6 to 8 weeks before departure for destination-specific health preparations. You may need additional vaccinations, some of which require several doses, or be recommended malaria medication which may need to be started a week or more before arriving in the malarial country. **If you are eligible, get a COVID-19 vaccine as soon as it's available to you.**

- **Documentation**: Arrange a copy of your personal health record to carry with you when you travel. Include a letter from your doctor explaining your need for all medications you are carrying, including any over-the-counter medications, in English and the language of your destination(s). Make sure you have copies of your prescriptions.

- **Medication**: Check the regulations of your destination country regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the [International Narcotics Control Board](https://www.internationalsos.com/MasterPortal/PrintDisplay.aspx). Take any medicines you require in their original packaging, including any information leaflets, with them clearly labelled with your name (matching your passport name), and your doctor’s name. Have enough to cover the trip, and extra in case of delays, however note that many destinations limit quantities of certain drugs to a 30-day supply. Carry medication in your hand luggage, with copies of your prescriptions.

### Vaccinations for Denmark

Recommendations may vary for short-term visitors. Always consult your travel health advisor or contact International SOS to discuss your specific needs.

<table>
<thead>
<tr>
<th>Vaccination</th>
<th>Details</th>
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<tbody>
<tr>
<td><em>COVID-19</em></td>
<td>Vaccination is recommended for all travellers. For full details of testing and quarantine requirements, see the Restrictions section of the COVID-19 Impact on the Location Guides.</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Many travel health professionals recommend hepatitis A vaccination for all travellers regardless of destination, especially those who are at higher risk (see <a href="https://www.cdc.gov">US CDC</a>). Such as gay, bisexual, and other men who have sex with men, people who use illicit drugs or those with liver disease.</td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Recommended for health care workers and anyone who may have a new sexual partner, share needles or get a tattoo or body piercing. Many travel health professionals recommend hepatitis B vaccination for all travellers and expatriates, regardless of destination.</td>
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### Malaria

There is no malaria in Denmark.

### Zika Virus

There is no Zika Virus in Denmark.

### Standard of Care

#### Emergency Response
Always try to call International SOS whenever medical care or advice is required, especially in emergencies.

**SINGLE EU EMERGENCY NUMBER**
Use 112 to contact all emergency services in EU countries.

In the Copenhagen Capital District only, walk-in access to emergency departments is controlled. To seek emergency care for any non life-threatening issues, call 1813 at any time of the day. A medical professional will assess the condition with the caller and direct them to the most appropriate facility.

In Denmark, calls may be answered in Danish, Norwegian, Swedish, English and German. The Danish public ambulance system is very efficient.

<table>
<thead>
<tr>
<th>Emergency Numbers</th>
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<tbody>
<tr>
<td>Ambulance</td>
<td>112</td>
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<tr>
<td>Fire</td>
<td>112</td>
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<tr>
<td>Police</td>
<td>112</td>
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**Standard of Health Care**
Medical care in Denmark is of an international standard and is provided largely in public facilities. All specialties are available in the large regional and university hospitals, and most doctors speak English. There is an increasing demand for private health care, due in part to growing waiting lists and reduced capacity in the public sector. However, the majority of private facilities are in Copenhagen, are small in size (typically ten to 20 beds; the largest has 53) and are fairly limited in the scope of services they can provide. There is a high level of cooperation between the public and private sectors. Emergency treatment is available at the majority of public regional and university hospitals. Private hospitals do not offer emergency treatment, as they do not have fully-equipped emergency departments and limited inpatient facilities normally for pre-planned treatments. In Greenland and the Faroe Islands, medical facilities are limited and evacuation may be required for serious illness or injury which is normally arranged by the Danish emergency services.

**OutPatient Care**
Primary care is available from a general practitioner (GP), who is trained to handle a wide range of medical problems, including routine paediatric and gynaecological care. If the condition requires a specialist's care, the GP will make the referral. It can be difficult to access outpatient care at public hospitals without a referral. It is possible to access outpatient care by directly contacting private clinics, most of which are in Copenhagen.

**Paying for Health Care**
Permanent residents in Denmark are entitled to free medical treatment from public facilities under the Danish Health System. Apart from emergency treatment, which is free to all, temporary residents and tourists must pay for treatment. Most providers accept cash and major credit cards. In addition, special coverage may be required if visiting Greenland or the Faroe Islands.

Citizens of the EU and certain other countries where a reciprocal health agreement is in place are entitled to emergency public medical treatment. A valid European Health Insurance card, or EHIC must be presented to take advantage of the agreement. Service under the EHIC may involve expenses that are typically provided free of charge in your home country.

Do not defer medical treatment because of financial concerns. Contact International SOS, and if our terms allow, we will make financial arrangements on your behalf.

**Dental Care**
Dental care in Denmark is of an international standard.

Dental care is only partially covered by the Public Health service. Many residents add a private insurance to the public for increase coverage.

**Blood Supplies**
Blood supplies in Denmark are safe, and blood is screened according to international standards.

Even in areas where the blood supply is considered safe, it's best to avoid blood transfusions if possible. Screening cannot detect every blood-borne disease, and immune reactions can vary from minor to life-threatening. If a blood transfusion is recommended and circumstances permit, seek a second opinion from International SOS or your health advisor.

**Medication Availability**
Virtually all medications found internationally are available in Denmark. There are many reputable pharmacies (apotek) in the major cities, usually open 0900 to 1730, Monday to Friday. Lists of pharmacies that are open after hours (Vagtåbent) can be found online (in Danish) and there is a 24-hour pharmacy (Degnapotek) in Copenhagen. All pharmacists in Denmark are trained professionals and all pharmacies have English-speaking staff.

Since brand names vary, know the generic (chemical) names of your medications. It is always advisable to bring an adequate supply of prescription and other medications from your home country. However ensure you check the regulations of your destination regarding importation of your medication, as some drugs may be strictly prohibited (especially narcotics and psychotropics) and may result in severe penalties. Some restrictions are published on the International Narcotics Control Board.

**Clinics & Hospitals**
Medical Providers
No matter where you are, contact International SOS first if you are sick, injured or need medical advice.

Our medical staff will advise you, help you select the correct doctor, hospital or clinic, and make any necessary appointments on your behalf. If our terms allow, we will also make financial arrangements for you.

It is recommended that you contact International SOS before accessing medical care in Denmark

Hospitals / Clinics
If you are unable to contact International SOS, the following list of hospitals and clinics is provided in case of medical emergencies.

Copenhagen
Bispebjerg Hospital
Category: Hospital
Address: Bispebjerg Bakke 23
        Copenhagen, Copenhagen 2400
Telephone: 45 38635000

Copenhagen University Hospital (Rigshospitalet)
Category: Hospital
Address: Blegdamsvej 9
        Copenhagen, Hovedstaden 2100
Telephone: 45 35453545

Food & Water

Food and Water Precautions
Travellers have a small risk of developing diarrhoea in any country. It may be advisable to drink bottled water only, especially on short trips. Always wash your hands with soap before eating, or use an alcohol-based hand sanitizer. See the following country-specific recommendations:

Water and Beverages
Tap water is safe to drink.

Food Risk
Food is considered safe.
More on food and water safety

Health Threats Summary

Health threats present include:

Animals: Hantaviruses, Rabies

Coughing/sneezing: *COVID-19

Sex/blood/needles: HIV, Hepatitis B and C, & STIs

Health Threats

*COVID-19 | Threat from: Coughing/sneezing

COVID-19 | Threat from coughing/sneezing
International SOS is monitoring closely - please see the ALERTS on the "View All Alerts" section of this location guide, and the COVID-19 pages of the Pandemic Information website.

Transmission is from person to person through contact with particles expelled into the air by an infected person when talking, coughing or sneezing. Other people can inhale these particles and become infected. They may also become infected by touching their eyes, nose or mouth after touching contaminated surfaces.

Most people will develop mild to moderate illness only which lasts up to two weeks. Symptoms vary greatly but the main symptoms are a high fever, a cough and loss or change in sense of smell or taste. Other common symptoms include fatigue, cough, sore throat, shortness of breath and breathing difficulty. Some people may continue to have symptoms that last for weeks or months after the initial infection has gone. Older people and people with underlying health conditions are at higher risk for severe disease and death.

Prevention
Vaccine: Get vaccinated as soon as you are eligible to do so.

Avoid potential exposure to infection: crowds, indoor public places, people who are obviously unwell or coughing and sneezing.
Take measures to protect yourself from infection: try staying 2 metres away from other people and wear a mask in public places, ensure adequate ventilation in enclosed spaces. Wash hands frequently, especially before eating, preparing food or touching your face, after using the restroom and when leaving a public place.

Denmark
The first case was identified on 27 February 2020, and local transmission was detected on 3 March. In November 2020, human cases with a mink-associated variant virus, called “cluster 5” were reported in North Jutland, resulting in mass culling of minks, to stop further spread of the mutated virus.

For more information, see the Danish Health Authority [COVID-19 website](https://www.health.min.dk/efterforskning/medisinsk-undervisning/omkring-virusepidemier-og-kranker-aflast-to-yndlingstoxiner), the Danish National Board of Health [COVID-19 vaccination policy](https://www.sundhedsstyrelsen.dk/vaccine), and the [Questions and Answers pages](https://www.sundhedsstyrelsen.dk/questions-and-answers). The COVID-19 Joint Authority has a hotline: 70 20 02 33.

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**Hantaviruses | Threat from : Animals**

Hantaviruses are a group of viruses that belong to the *bunyaviridae* family. They can cause two different types of illness in humans: Haemorrhagic Fever with Renal Syndrome (HFRS) involves the kidneys while Hantavirus Pulmonary Syndrome (HPS) involves the respiratory system. Regardless of which illness they cause, hantaviruses are carried by infected rodents. Virus is present in the animal's saliva, urine and faeces. Droplets of these excretions can contaminate the air in a process called aerosolisation. Humans become sick when they inhale the virus.

The incubation period of HFRS is not positively known. Limited data suggests that people become sick within one to eight weeks after being exposed to the virus. The incubation period for HFRS is usually 1 to 2 weeks after exposure but could be as long as 8 weeks.

Initial symptoms of HPS include fatigue, fever, and muscle aches. About 50 percent of HPS patients also experience headache, dizziness, and abdominal symptoms (nausea, vomiting, diarrhoea, pain). The "late stage" symptoms of HPS are cough/shortness of breath and a feeling of overall tightness in the chest. Heartbeat and breathing may both become rapid at this stage of illness. Symptoms of HFRS appear suddenly and include intense headaches, back and abdominal pain, fever, chills, nausea and blurred vision. As the disease progresses, patients may develop flushing of the face, inflammation, redness of the eyes or a rash. Later symptoms include bleeding from the skin, conjunctiva of the eye, and mouth. In the most severe cases renal failure develops.

There is no specific treatment or cure. Patients are treated supportively, meaning their symptoms are addressed even though the disease itself cannot be cured. Patients usually require hospitalisation in an intensive care unit. An antiviral medication, ribavirin, may be used to treat the HFRS although its effectiveness has not been proven in HPS.

There is no vaccine for HPS. Vaccines against HFRS are being used in many Asian countries. The best way to avoid infection is to eliminate rodents from your living space and worksite, and/or avoid contact with them. Keep food in tightly sealed containers, clean dishes immediately after use, do not leave pet food out all day, and seal holes to the outside – generally, make your environment inhospitable to rodents.

**Denmark**

Outbreaks of hantavirus are known to occur intermittently. Most cases have been reported from Fyn, the southeastern and western parts of the island most affected.

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**HIV, Hepatitis B and C, & STIs | Threat from : Sex/blood/needles**

[HIV/AIDS](https://www.sundhedsstyrelsen.dk/hiv-aids), [hepatitis B](https://www.sundhedsstyrelsen.dk/hepatitis-b), and [hepatitis C](https://www.sundhedsstyrelsen.dk/hepatitis-c) are spread by contact with bodily fluids (especially blood and semen).

- unprotected sex,
- needle sharing during IV drug use, or
- unsafe blood or medical/dental instruments.

[Genital herpes (HSV)](https://www.sundhedsstyrelsen.dk/herpes), [genital warts (HPV)], [gonorrhoea], [chlamydia], [syphilis] and most other sexually transmitted diseases are spread by genital contact.

Prevention:

- In many countries, hepatitis B is now a routine childhood immunisation and need not be repeated. All non-immune travellers should consider vaccination.
- Always use new condoms (preferably brought from your home country).
- IV drug users should not share needles.
- Avoid having tattoos or piercings done.
- In healthcare settings, make sure that needles and syringes sterile and not shared between patients.
- Call International SOS or your corporate medical department if you are hospitalised.
- Be aware of your risk when assisting anyone with an injury. Protect yourself from contact with bodily fluids.
- Seek medical attention within 24 hours if you accidentally come into contact with someone else's bodily fluids.

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**Rabies | Threat from : Animals**

Rabies is a viral disease contracted when bitten or scratched by an infected (rabid) animal, often a dog. Once it enters the body, the virus travels along nerves and causes paralysis. As it reaches important organs like the spinal cord and the brain, it causes coma and death.

In countries where rabies is present in animals or bats, ALL animal / bat bites, scratches and licks to broken skin must be treated seriously. Rabies vaccination is very effective in preventing rabies, even after a bite/scratch by a rabid animal.
Rabies vaccination
Pre-exposure vaccination is often recommended for expatriates and long-term visitors to destinations where rabies is present. It's especially recommended if quality medical care may not be available after being bitten or scratched by an animal. Pre-exposure treatment can be especially useful for children, since they may not tell their parents that they have been bitten/scratched.

Pre-exposure vaccination makes it easier to treat a bite or scratch. That's important because some types of rabies treatment can be in short supply in many countries, even in cities.

If bitten, scratched or licked (on broken skin) by an animal:

- Immediately cleanse the wound with soap and water and a povidone-iodine solution if available.
- Seek medical advice from a qualified source or your assistance company.
- Notify local health authorities immediately. You may need post-exposure vaccination, even if you have had pre-exposure vaccination. (THIS CAN BE LIFE SAVING.)

Denmark
Rabies is present in bats only and the risk of exposure for average travellers is low.