**Solemn declaration in case of breaking isolation after corona infection**

To be completed by students, staff and visitors who have been infected with coronavirus but have completed the isolation period.

**When can the isolation period be lifted?**

**If you have had symptoms**, you no longer need to isolate yourself,

* 48 hours after your symptoms have disappeared.
* if, after 10 days of illness, you have not had a fever for 48 hours (without using fever-reducing drugs, such as Panodil), feel significantly better and have only mild residual symptoms, such as loss of sense of taste and/or smell, light cough, fatigue, etc.

**If you have not had symptoms**, you no longer need to isolate yourself once 7 days have passed since you had the test.

**If you are any doubts about when you break the isolation period, please contact either your GP or The Contact Tracing Services, in Danish “Smitteopsporingen” (you can find the contact details of The Contact Tracing Services** [here).](https://stps.dk/da/kontakt/hotlines-vedr-covid-19/)

If, in accordance with the above, you are allowed to break your self-isolation and you therefore wish to appear on campus before your corona pass is valid again (i.e. 11 days after your positive test result), please complete this solemn declaration. The solemn declaration must be sent to [coronavirus@adm.aau.dk](mailto:coronavirus@adm.aau.dk).

**If you are a student, please note that it is considered a violation of Aalborg University's Rules on Disciplinary Measures for Students at Aalborg University if you break your isolation and physically appear in AAU's buildings before one of the above requirements is met. This means that Aalborg University can take disciplinary action against you, which may result in expulsion from the university.**

**If you are an employee, please be aware that there may be employment law consequences if you break your isolation and physically appear in the AAU premises before one of the above requirements is met.**

**Solemn declaration**

The undersigned student hereby solemnly declare that:

1. I tested positive on (date)\_\_\_\_\_\_\_\_\_
2. In accordance with the Health Authorities' guidelines, I must break my self-isolation and thus show up physically at Aalborg University again (date) \_\_\_\_\_\_\_\_\_\_\_\_

Place/date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

(If you can’t print and sign you may copy the form into an email instead).