Information for patients who may have the covid-19 illness, caused by the new coronavirus of 2019

Why have I received this information?
Your symptoms correspond to those of covid-19, i.e. an infection with the new coronavirus of 2019.

What is covid-19?
Covid-19 is an infection which usually causes a mild illness with light respiratory symptoms and a temperature. Muscle pain, throat soreness, headache and stomach trouble, including diarrhoea, may also occur. Some people fall more ill, have difficulty breathing and need to be hospitalised.

How long is the incubation period?
The time from being infected to falling ill (the incubation period) varies between 2 and 14 days; the typical period is 5 days.

How is covid-19 transmitted?
- Coronaviruses are transmitted through "droplet and contact transmission". When a person sneezes or coughs, infectious droplets form in the air. Those standing nearby may then be infected. Once the droplets have fallen onto surfaces or objects, the infectious agent can be carried away from there, usually when someone touches the surfaces or objects with his or her hands.
- Your risk of infecting others is highest while you are ill and have symptoms. When you have become healthy and have had no symptoms for two days, you are not considered infectious.

What do I have to keep in mind in order not to infect others?
- Stay at home until you have been free of symptoms for two days.
- Wash your hands with soap and water, often and carefully. Sneeze into the bend of your arm or into a handkerchief, not towards other people.

How can I protect my family from the infection?
- If possible, sleep separately and use a toilet that nobody else uses.
- Try to keep a distance (more than 2 metres) from your family members and avoid close contact such as hugging.
- Do not share household items, such as kitchen utensils and towels, in a way that enables the infection to spread. Do not drink from the same glass.
- Contact surfaces in your home (such as door handles and table tops) should be cleaned each day using an ordinary cleaning agent.
- Tell all members of your household to be careful about their hand hygiene and not to touch their faces.

Any members of the household who have no symptoms may move about freely, but if they develop any symptoms at all they should self-isolate at home, following the instructions given above.

What should I do if I need health care for covid-19 or some other illness?
If your life is in danger, call 112. If your state of health deteriorates but you do not need an ambulance, call 1177 or visit www.1177.se