

Information for those who have been in close contact with someone who has Covid-19

If you have been in close contact with someone who has Covid-19, you must pay special attention to any symptoms that you may have and see as few people as possible. If someone you live with has Covid-19, you have an obligation to follow certain rules of conduct.

If you live or have lived with someone who has Covid-19

If you live or have lived in the same home as a person at the contagious stage of Covid-19, you have an obligation to follow specific rules of conduct.

Those rules of conduct apply until 7 days after the day when the person you share or shared a home with left the sample that confirmed his or her Covid-19 diagnosis. If you still have no symptoms after 7 days and have left a sample that was negative for Covid-19, you should instead follow the advice for other people who have been in close contact with someone who has Covid-19. You can read more about that advice below, and you should log in to 1177.se and activate notification by text message or e-mail so that the health-care services can reach you for contact tracing.

- Starting on 1 December, whatever your age, if you have shared a home with someone who has a confirmed Covid-19 diagnosis and is at the contagious stage, you must stay home for 7 days from the day when the person who has Covid-19 left his or her sample. This means that you must not go to your place of work, school or pre-school during that time.
- You must try your best to avoid seeing people who do not belong to your household. You may make necessary purchases of food, medical drugs and similar, for as long as you are completely healthy and unless you can have such items delivered to your home or get family or friends to help you.
- You must tell your manager or headmaster/principal that you may have been exposed to the infection.
- You must work or study from home. If you are unable to carry out your work from home, you may apply for [disease carrier's benefit \(smittbärrpenning\) from the Social Insurance Agency \(Försäkringskassan\)](#). This benefit is paid to those who are able to work but are not allowed to do so because of the risk of infecting others. You will need a doctor's certificate to prove that you cannot be at your place of work. Once the person with Covid-19 that you have lived with has listed you as a household contact, your family doctor will issue such a certificate. Contact your family doctor to obtain a certificate required for disease carrier's benefit when you see that the Covid-19 contact-tracing team (*smittspårningsteam Covid-19*) has made a note in your medical records.
- You must be careful about your hand hygiene.
- You must [make an appointment to take a Covid-19 self-sample \(PCR\)](#) on the fifth day after the day when the person you lived with left the sample that confirmed the Covid-19 diagnosis. For example, if the person you live with left a sample on 1 October and that sample confirmed his or her Covid-19 diagnosis, you must make an

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appointment for a sample to be taken on 6 October (5 days later). This applies to all those who share or have shared a home with a person who has Covid-19, from the pre-school class (*förskoleklass*) upwards. Children attending pre-school (*förskola*) need not be tested for Covid-19.

- After 7 days, if you still have no symptoms and have left a sample which was negative for Covid-19, you should instead follow the advice for other close contacts (see below). From the day when the person who has Covid-19 is no longer contagious, you are no longer exposed to the infection, but you must continue to pay attention to any symptoms and follow the advice given below for 14 days.

If you have been in close contact with a person who has Covid-19 but have not shared a home with that person

You need to **pay special attention to any symptoms** that may be signs of Covid-19 infection. For a period of 14 days, starting on the last day when you may have been exposed to the infection, you should **see as few people as possible**. Even if you feel fine, this means the following:

- The main rule is to follow all national and local restrictions.
- You should see as few people as possible and be extra careful to keep your distance (1.5–2 metres) from all those you see.
- You may go to work, school or pre-school for as long as you are completely healthy, but you should abstain from social indoor leisure activities such as indoor workouts and parties, including dinner parties.
- You should tell your manager that you may have been exposed to the infection. Work from home if you can.
- You must be careful about your hand hygiene.

How is Covid-19 transmitted?

Covid-19 is transmitted through droplets and contact surfaces. When someone sneezes, coughs or talks, infectious droplets are formed in the air. This may infect someone standing nearby. Once the droplets have settled on surfaces or objects, the virus may then be passed on, usually via the hands. If people touch their eyes or nose without first having washed their hands, the virus may enter their body that way.

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

[More information about how coronaviruses are transmitted](#)

What symptoms are common in Covid-19?

Symptoms commonly seen in those who have Covid-19 include fever, runny nose, cough, breathing difficulties, sore throat, headaches, muscle aches, impaired sense of smell and taste, stomach complaints and diarrhoea. Most people have only a mild illness with light symptoms, but some people fall more ill, developing breathing difficulties that require hospitalisation.

[More information about symptoms in Covid-19](#)

What should I do if I fall ill?

Those past school-starting age (5/6 years or older)

If you develop symptoms, even mild ones, you must **stay home** and **make an appointment for a Covid-19 test**. Information about how to make an appointment for a test can be found here: [testing for Covid-19 in Västmanland](#). While you wait for your test result, you must follow the same rules of conduct that would apply if you knew you had Covid-19. You will receive more information when you make your appointment.

Pre-school children (up to 5/6 years)

For pre-school children who develop symptoms, the main recommendation is that they should stay home but not be tested for Covid-19. The child should stay home for as long as he or she has symptoms and then for another 48 hours without symptoms. Throughout that period, the child should avoid contact with people outside his or her household.

If at least 7 days have passed since the child fell ill but he or she still has mild symptoms, such as a dry cough and a slightly runny nose, he or she may return to pre-school.

What do I do if I need health care for Covid-19 or some other condition?

If you need advice, your first option should be to call your local health centre (*vårdcentral*) or 1177 Vårdguiden. If your life is in danger, call 112. Remember to mention that you may have been infected with Covid-19.

Does this apply even if I have already had Covid-19?

If you have had Covid-19, with a positive PCR test for the virus in a sample taken from the mouth/throat/nose or a positive test for antibodies in a sample analysed at a laboratory where the sample was taken in the past 6 months, these instructions do not apply. However, you should still pay attention to any symptoms, and if you fall ill you should stay home until you are entirely well again.

If you have taken a "quick test" – a blood test where you received the result within an hour or so – it is important to find out whether that test meets the performance standards set by the Public Health Agency. Contact the health-care provider that analysed your sample to find out whether the test meets the Agency's requirements.

Where can I find more information about Covid-19?

You can read more about Covid-19 here: [About Covid-19 – coronaviruses](#)