

For those who have been in contact with a person with COVID-19

For people within the same household, please refer to the “*Information och förhållningsregler till hushållskontakter*” information sheet.

You have recently been in contact with a person with COVID-19 during the period in which they were infectious (from up to 48 hours before the onset of symptoms) – this means you may have been exposed to a risk of infection. It is not certain that you will have been infected or that you will become ill. It is, however, important that you – just like everybody else – act responsibly in order to prevent the spread of any infection. If you have, or have experienced, any symptoms, you must immediately contact the healthcare service in order to be tested. The coronavirus remains infectious even while you are ill and have symptoms. You may also be infectious for a short while before you begin to feel unwell.

The incubation period (i.e. the time it takes from when a person is infected until they become ill) varies between 2 and 14 days – around 5 days is most common.

During the 14 days after the date (_ / _) on which you met the person who has tested positive, you must do as follows:

- Be observant of any symptoms that could be a sign of COVID-19. Common symptoms are fever, coughing, sore throat, headaches, muscular aches, sniffles, impaired sense of smell or taste, and an upset stomach (diarrhoea). If you experience any symptoms, no matter how mild, you must immediately go into self-isolation and not meet anybody else. Contact your local healthcare centre to be tested. Tell them that you have been in close contact with a person who has COVID-19. This also applies if you are seeking medical care for any other reason. In the event of serious illness, call 112. Even if the results of your test were negative, you must continue to look out for any symptoms. If you experience any new symptoms, contact your local healthcare centre for a new assessment.
- Meet with as few people as possible, avoid meeting up with friends, and refrain from leisure activities that involve contact with other people. Keep at a safe distance from those you do come into contact with (no closer than 2 metres), both indoors and outdoors. You may also be infectious for a short while before you begin to feel unwell.
- Work from home if this is possible. If this is not possible, it is especially important for you to keep at a safe distance from other people in your workplace. Children can continue to attend school (preschool to gymnasium school), as long as they feel completely healthy.

If you have been in close contact with an infected person (a distance of less than 2 metres for more than a total of 15 minutes within a 24-hour period):

(This applies to adults from high-school age and upwards, and regardless of whether or not you have any symptoms)

- Get tested on the 5th day after the date on which the infected person was tested. Contact your local healthcare centre to be tested.
- Work from home as far as is possible while waiting for your test results. If this is not possible, it is especially important for you to keep at a safe distance from other people in your workplace.
- Students can continue to attend high school or gymnasium school while waiting for their test results, but may not participate in leisure-time activities outside of the school.

- If more than a week has passed since you last met the infected person, you do not need to get tested.

If you have had COVID-19 during the past 6 months (confirmed by a PCR or antigen test) or have been fully vaccinated (two doses) for at least 2 weeks, this information does not apply to you.

You should, however, remain vigilant and look out for any symptoms. If you feel unwell, stay at home until you feel fully healthy again.

More information about COVID-19 is available at: www.1177.se/Kronoberg/corona