

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, and 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 is more infectious during the period when you have symptoms, but you can also infect others shortly before you become ill.

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.

If you have had COVID-19 in the past six months (confirmed by either a PCR or antigen test), this information does not apply to you. You must however remain vigilant and look out for any symptoms. If you feel unwell, stay at home until you feel fully healthy again.

If you have received two doses of the vaccine (and at least two weeks have passed since you received the second dose) and do not have any symptoms of COVID-19, this information does not apply to you. If you experience any symptoms, you must stay at home and get tested.

If you have not been vaccinated – 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 include 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. 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.

During the 7 days after the date on which you met the person who has tested positive, you must also do as follows:

- Meet with as few people as possible, 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 you are able to. 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): (Applies to adults from high-school age and upwards)

- Get tested as soon as you become aware that you may have been exposed to a risk of infection with COVID-19, and get tested again on day 5 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.

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