

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

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

You have been in contact with a person who has since tested positive for COVID-19. Your contact with them was during the period when they were most contagious (up to 48 hours before the development of symptoms), and you may have been exposed to 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. 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. The coronavirus is mainly spread by exposure to particles or contact transmission. When we cough or sneeze, infectious particles are formed and released into the air. Anybody standing close by may then become infected. Similarly, the virus is also spread by our hands – either by touching infected surfaces or following contact with mucous membranes. It is therefore important to ensure that we keep a safe distance between us and others, and that we wash our hands often.

During the 14 days after the day (___) on which you met the person who has tested positive, you must do as follows: (this applies even if you have been vaccinated for COVID-19)

- 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 (vårdcentralen) 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 less 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 preschool and primary school, as long as they feel completely healthy.

If you have been in close contact (a distance of less than 2 metres from an infected person for at least a total of 15 minutes within a 24-hour period) with an infected person (this applies to all adults, from gymnasium school-age upwards):

Close contacts must be tested on the 5th day after the date on which the infected person was tested. Contact your local healthcare centre to be tested. You must also get tested even if you have not experienced any symptoms. Work from home as far as is possible while waiting for your test results.

This information does not apply if, during the past 6 months, you have been diagnosed with COVID-19 (confirmed by a PCR or antigen test). Be vigilant and look out for any symptoms. If you feel unwell, stay at home until you feel fully healthy again.

Find out more about COVID-19 at: www.1177.se/Kronoberg/corona