

Information for those who have come into close contact with COVID-19

You are being sent this information because you may have been exposed to a risk of infection with the new coronavirus, which causes COVID-19.

What does this mean for me?

As a result of contact tracing, it has emerged that you have been in close contact with a person who has been infectious with COVID-19. This means that you have been exposed to the risk of infection and may become ill. In order to ensure that any infection does not spread any further, it is important that you follow the instructions in this information sheet.

How should I live my life if I still feel healthy?

- Be aware that, within the next 14 days, you may develop symptoms such as a cold, cough, fever, headache, aching muscles, breathing difficulties, stomach complaints with diarrhoea, or a loss of sense of smell or taste.
- Limit your social contacts wherever possible:
 - work from home, if possible
 - if you work within healthcare or the provision of care, you should inform your employer that you have been exposed to the risk of infection
 - avoid public transport, wherever possible
 - avoid meeting people who are aged 70 years or over or who belong to any other risk group
 - as far as possible, avoid group activities, such as parties, exercising in a group or non-essential travel
- School children should attend school as long as they are fully healthy.
- Be sure to wash your hands frequently and to cough/sneeze into your arm or a tissue.

What should I do if I have any symptoms?

- Stay at home as soon as you experience any symptoms, no matter how mild, such as a sore throat, runny nose or headaches. Avoid meeting people other than those with whom you share your home.
- Contact your local healthcare centre to be tested for COVID-19. Adults and school children should be tested as soon as possible after the onset of any suspected symptoms. Preschool children should be kept at home without, in the first instance, needing to be tested for COVID-19. When visiting healthcare institutions, avoid public transport and being with other people in waiting rooms.
- If you need healthcare advice or guidance, contact 1177 or your local healthcare centre. Inform them of your symptoms and say that you have been exposed to a risk of infection.
- If you should become critically ill and require urgent medical assistance, call 112.

When is the risk over?

The time it takes from being infected to becoming ill (incubation period) is often around 5 days, although this may vary from between 2 and 14 days. Once 14 days have passed since you were exposed to the risk of infection, there is no longer any risk of you becoming ill as a result of that instance. More information about COVID-19 is available on the following websites:

1177 Vårdguiden (Health advice service)

<https://www.1177.se/Jonkopings-lan/sjukdomar--besvar/lungor-och-luftvagar/inflammation-och-infektion-ilungor-och-luftror/om-covid-19--coronavirus/covid-19-coronavirus/>

Folkhälsomyndigheten (Public Health Agency of Sweden)

<https://www.folkhalsomyndigheten.se/the-public-health-agency-of-sweden/communicable-disease-control/covid-19/>