

Information sheet for close contacts – Covid-19

You are receiving this information because you have been in close contact with someone infectious with Covid-19.

What does this mean for me?

Contact tracing has determined that you have been in close contact with someone who was infectious with Covid-19. This means that you may have been exposed to infection and may fall ill. To reduce the risk of the further spread of infection, it is important that you follow the instructions provided in this information sheet.

How should I behave as long as I feel fine?

The following apply during the 14 days from the day you met the infectious person:

- **Be watchful of symptoms** such as cold symptoms, coughing, fever, headache, muscle ache, breathing difficulties, stomach problems including diarrhoea or the loss of taste or smell.
- **Limit your social interaction** as much as possible:
 - work from home if you can
 - avoid public transport if you can, especially during rush hour
 - avoid meeting people over 70 or who are otherwise in a risk group
 - refrain from group activities, such as parties, exercise classes and non-essential travel
- **Practice good personal hygiene:** wash your hands often and cough/sneeze into your elbow or a tissue. Remember to keep a distance from others, both indoors and outdoors.

Do I need to get tested?

If you believe that you have been in contact with the infectious person **within a distance of 2 metres for more than 15 minutes** (in total during a single day), we recommend that you get tested for Covid-19. This applies even if you do not have any symptoms. Contact your health centre to book a test appointment as soon as possible after receiving this information.

In most cases, a single test is enough, but if the test is taken a short time (less than 4 days) after your last contact with the infectious person (and is negative), another test may be necessary 5–7 days after your last contact. If more than 7 days have passed since your last contact with the infectious person, no test is necessary.

While waiting for your test result, working from home is preferable. If you are unable to work from home, you are permitted to go to work as long as you feel fine. In this case, be very strict about keeping a distance from others.

Children attending preschool and primary school are exempted from this testing recommendation. Children who feel fine are to continue attending school unless the school informs you otherwise.

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What should I do if I develop symptoms?

- **Stay home** even with mild symptoms, such as a sore throat, runny nose or headache. Avoid meeting people other than those who share your household.
- **Get tested for Covid-19.** Contact your health centre to book a test appointment. If you develop symptoms, it is important to get tested even if you have tested negative before. Testing is recommended for adults and school children, while preschoolers shall primarily stay home without getting tested. When attending healthcare appointments, avoid spending time in waiting rooms and avoid using public transport.
- If you need healthcare advice, call 1177 or your usual health centre. Tell them about your symptoms and that you have been exposed to infection.
- If you are in a life-threatening condition and need urgent medical care, always call 112.

When am I no longer at risk?

From being infected to falling ill (the incubation period) often takes about 5 days, although this can vary from 2 to 14 days. Once more than 14 days have passed since you were exposed to infection, there is no longer any risk of you falling ill from that occasion.

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

If you have recently been ill with Covid-19 or have been vaccinated against Covid-19, the risk of falling ill is small. The recommendations in this sheet do not apply to anyone who:

- Within the past six months has had a Covid-19 infection confirmed by a PCR or antigen test.
- Has antibodies against Covid-19 after a suspected case of infection within the past six months. The time is counted from the time of infection, not when the antibody test was taken.
- Has been vaccinated against Covid-19 and it has passed more than two weeks since the second vaccine dose. If you work with elderly care or with health care for elderly or other risk groups for severe Covid-19 you are recommended to get tested in the same way as a person who is not vaccinated.

Information about Covid-19 (in Swedish) is available at the following websites:

- 1177.se Vårdguiden <https://www.1177.se/Jonkopings-lan/sjukdomar--besvar/lungor-och-luftvagar/inflammation-och-infektion-ilungor-och-luftror/om-covid-19--coronavirus/>
- Public Health Agency of Sweden <https://www.folkhalsomyndigheten.se/smittskydd-beredskap/utbrott/aktuella-utbrott/covid-19/fragor-och-svar/>