

Test for active COVID-19 infection

You can have a test to see whether you currently are infected with COVID-19. This is the so-called PCR test. We are only testing people with active symptoms that are common in COVID-19.

Common symptoms of COVID-19 are:

- High temperature
- Dry cough
- Tiredness
- Shortness of breath
- Aching muscles
- Sore throat
- Headache
- Gastrointestinal problems with diarrhoea
- Loss of sense of smell and taste

In order to have a test, you must have had symptoms for at least 24 hours as otherwise there is a risk of not detecting any active infection. The test should ideally be performed on Days 2 to 7 following the onset of symptoms, and by no later than Day 10 after the first symptom. If the test is performed more than 10 days after you became ill, there will often be no virus remaining in your throat and nose and the test will therefore be unreliable. You will therefore be asked what symptoms you have and for how long you have had them. The healthcare staff will decide whether or not you meet the criteria for having the test.

How do I get a test?

Contact your medical centre by telephone or go to the medical centre's page on 1177.se to find out what you need to do. Different medical centres have different procedures for testing. Testing can be done on site at the medical centre, or you may be given a self-testing kit with instructions on how to submit the test.

In the case of severe symptoms that require assessment by healthcare staff, you must get in touch with your usual healthcare contact or medical centre.

What about children?

The self-test used can be performed by most children from school age onwards.

In cases where no test has been performed, it is recommended that children and adolescents remain at home while symptoms persist and for a further 48 hours without symptoms. If the child still has mild symptoms, such as a dry cough and slightly runny nose, seven days after becoming ill, the child may return to school and other activities even if no test has been performed.

As far as the youngest children are concerned, i.e. those in nursery school, it is recommended that they remain at home in the first instance when they are ill, without having a test. It is recommended that nursery school children, too, can return once 48 hours have passed without symptoms, or if mild symptoms remain seven days after they became ill. For smaller children, the test sample needs to be taken from the rear part of the nose, which is a more cumbersome and often painful test. As small children usually have mild symptoms and do not appear to contribute to the spread of infection, this is rarely justified. If you still would like your child to be tested, contact your medical centre and we will discuss the matter on a case-by-case basis.

How much does the test cost?

The test is free of charge to the patient in accordance with the Swedish Communicable Diseases Act.

When will I get the result?

Test results will be available in 1–2 days. You should check your result yourself as follows:

1. [Go to the Coronavirus test result page.](#)
2. Enter the label number in the field 'Din kod' (Your code) and click on 'Visa svar' (Show result).

If you have not received your test result after 3 days, contact the medical centre that ordered/performed the test. If it is a weekend, wait until the next working day.

If your test result is positive for COVID-19, you will be contacted by healthcare staff within 1–3 days working days of the test result.

If the test result is negative, no further contact with the healthcare service is required regarding COVID-19. As false negative results do occur, and to reduce the risk of spreading other communicable respiratory tract infections, you should stay off work, nursery school or school and at home until you are free of symptoms.

Contact your healthcare provider if your problems become worse or recur, as you may need to have a new test.

While awaiting the result

While awaiting your test result, you are regarded as infectious:

- Stay at home and avoid meeting anyone except those in your household. You must not go to work or school, nor anywhere else outside your home.
- Try to keep a distance of at least 1–2 metres from the people you live with, for example by being in a separate room and not eating with other people. If possible you should have your own bedroom and not share a bathroom.
- Be meticulous about your own hand hygiene. Wash your hands frequently in soap and water.
- Cough and sneeze into your elbow or handkerchief.
- Do not travel on public transport.