

Tightened regional advice in Blekinge

In addition to the Swedish Public Health Agency's regulations and general guidelines, the following stricter guidelines apply in Blekinge from 19 April 2021:

- A very sharp call is made to the public not to be in contact with anyone other than those you live with, and not to meet others than those you have to meet at school or at work. Work remotely as much as possible.
- Blekinge's municipalities keep their sports facilities open only for outdoor training activities for children and young people born in 2002 or later. Only when the infection situation has improved will the sports facilities be opened for individual matches for children and young people, according to the Swedish Public Health Agency's recommendations, as well as for associations that arrange outdoor training for adults.
- An appeal to private and association-owned facilities to limit accessibility to sports facilities more than the Pandemic Act allows.
- All training for adults should take place individually outdoors.
- People who work physically on site in workplaces where outbreaks of covid-19 occur may be at work, but should as far as possible avoid to sojourn in the community. Go shopping when you need to, but do not visit places where people gather when it is not necessary
- Face masks should be used in public indoor environments and workplaces where close contact for extended periods of time (within two meters for more than 15 minutes) is unavoidable. This is especially true in environments where infection has been found. For the schools, this applies after risk assessment according to the Swedish Public Health Agency's recommendations.

This applies to the school

For the schools, it is recommended that teaching is still conducted partly at a distance.

- Students who have been tested for covid-19 stay home from school while waiting for test results.
- Children under the age of 18 already stay at home in case of a suspected case (cold symptoms) among those you live with. The child stays at home waiting for a test result on the person suspected of having covid-19.
- Distance learning is recommended for the whole class with two or more confirmed cases of covid-19, where the infection is suspected to have occurred in the class. This applies to upper secondary school and upper secondary school.

Children under 10 years

Children under the age of 10 are not normally tested for covid-19 in case of cold symptoms, but the child should still stay home from school or preschool. If 7 days have passed since the illness and the last 2 days have been without fever and with good general condition, the child can go back to school, preschool and other activities. This is even if the child still has mild symptoms, such as a slight cough or a slight runny nose.

If the child only gets mild cold symptoms that go away after 24 hours, the child can return to school or preschool on the fourth day after the cold symptoms came. This is if the child continues to be free from cold symptoms.

Healthy siblings who are under the age of 10 should also stay home for the same amount of time as a sibling is kept at home due to cold symptoms. This is made possible by the fact that a guardian is already at home for the care of the children (vab) due to the sick child.