

Information for those who have a confirmed Covid-19 infection

Contents valid for Västmanland

If your test result shows that you have an ongoing infection caused by Covid-19, it is important that you should stay home in order not to infect others. You must also follow the Communicable Diseases Act (*smittskyddslagen*). What you must do is explained here.

For how long will I be contagious?

It is considered that you are contagious for at least 7 days from the day when your symptoms began. If 7 days have passed since you fell ill **and** you have not had a fever for 48 hours **and** you feel better in general, you are no longer considered to be contagious. This applies even if you still have certain symptoms 7 days after you fell ill, such as a dry cough or an impaired sense of taste and smell.

If you had no symptoms when you left your sample and you do not develop any symptoms during the following week, you are no longer considered to be contagious when 7 days have passed since you left your sample.

If you have been treated at a hospital for Covid-19, or if you are a resident at an old people's home, your doctor will let you know for how long you are considered to be contagious. If your immune system is severely impaired, for example because of ongoing chemotherapy, you may be contagious for longer. Then you are considered contagious for at least 3 weeks from when your first symptoms appeared. If you are uncertain, you should contact your doctor.

If you are unsure whether you are considered to be contagious, you may call [021-173000](tel:021-173000) (select "1") for advice.

You should **not** take a new test to see if you are free of the infection, because the test may show traces of the virus for up to 6 months even if you are not contagious.

While you are contagious, you must comply with the following points:

- Do not go to work or school.
- Avoid seeing people other than those you live with. Try to keep a distance (at least 1 metre, preferably 2 metres) from those you live with. However, this does not apply to children you have parental responsibility for – children's need for intimacy is more important than the need to keep a distance.

- Be alone in a room of your own.
- Do not eat with others.
- If possible, do not share a bathroom with others.
- Follow specific hygiene procedures:
 - Make sure that you wash your hands often.
 - Use your own towel.
 - Clean/disinfect surfaces in your home that people often touch, such as water taps (faucets) and door handles.
 - Do not drink from the same glass as others, and do not use the same knife, fork and spoon as others.
 - Always sneeze/cough into your elbow or into a tissue or handkerchief.
- Do not visit shops and do not use public transport.
- If you seek health-care, inform the health-care staff that you are infected with Covid-19.
- Familiarise yourself with the rules of conduct that you must follow under the Communicable Diseases Act: [Covid-19 information for patients and rules of conduct.pdf](#)

Contact tracing – what you must do immediately

All those with a confirmed Covid-19 infection have a duty under the Communicable Diseases Act to participate in contact tracing. To minimise the spread of Covid-19, it is important that all those who may have been infected are informed as soon as possible.

1. Try to remember what people you have been in **close contact** with during the period when you have been contagious so far.

Close contact means that you spent at least 15 minutes with someone within a distance of 2 metres or less – above all indoors.

You have been contagious since 48 hours before you first felt unwell and had symptoms. If you have not had any symptoms, you are considered to have been contagious from the day when you left your sample for testing.

The people you live with always count as close contacts. Close contacts may also be people who have visited your home or whose home you have visited during the period in question. Further, they may be friends you have been close to in other locations or work colleagues you have been close to, for example by sitting next to them.

2. Telephone, text or e-mail all friends and colleagues that you have been in close contact with while you have been contagious to inform them that they may have been exposed to the infection. Ask them to read “Information for those who have been in close contact with someone who has Covid-19”. Under the heading [“Suggested wording for your message to those you have been in close contact with”](#) you will find a suggestion for what you can say to

inform your close contacts.

If, for some reason, you do not want to contact your close contacts yourself, the Covid-19 Contact Tracing Team can help you.

3. If you are a school student and have been at school while you were contagious, your school must be informed that you have a confirmed Covid-19 infection. The best approach is often for your legal guardians to inform your school principal. Even if you did not attend school while you were at the contagious stage, it is helpful if you inform your school that you have Covid-19, since you may be part of an outbreak of the infection that may need to be investigated.
4. If you have met people at your place of work or elsewhere (such as at school, at sports practice or in other leisure activities) that you may have infected, and if for various reasons you cannot or should not inform them yourself, it is recommended that you should contact your manager, sports coach, school principal, etc. It is important to make sure that all those who may have been infected are informed. Your manager, sports coach, school principal, etc., can facilitate contact tracing by passing on information. Those who are contacted in that context have no right to know that you are the one who has Covid-19.
5. Confirm that you have carried out the above by answering the questions in the questionnaire you will find in your inbox when you [log in to 1177.se](#). If you have left a sample in Region Västmanland and are unable to [log in](#) to 1177.se, the Covid-19 Contact Tracing Team will contact you.

Suggested wording for your message to those you have been in close contact with

Hi! I've just found out that I have Covid-19. I'm contacting you as part of contact tracing because we were in contact at a time when I may have been contagious without knowing it. The Västmanland Infectious Diseases Service asks you to read [Information for those who have been in close contact with someone who has Covid-19 at 1177.se/Västmanland](#).

To break the chain of infection, it's important that you immediately make an appointment to take a Covid-19 self-sample even if you've got no symptoms. Read more at 1177.se about what rules apply [if you've already had Covid-19](#) or if you're vaccinated.

Even if your test result shows that you don't have Covid-19, it's important that you see as few people as possible in the next 14 days. Work or study at a distance if you can.

Should I inform my manager, my school, my sports coach?

If you have met people at your place of work or elsewhere (such as at school, at sports practice or in other leisure activities) that you may have infected, and if for various reasons you cannot or should not inform them yourself, you may ask your

manager, sports coach, school principal, etc., to help you. It is important to make sure that all those who may have been infected are informed, but they have no right to know that you are the one who has Covid-19.

Your manager, sports coach, school principal, etc., can facilitate contact tracing by passing on information.

More information can be found here: [Extended contact tracing for Covid-19 at schools, in workplaces and in clubs and associations.](#)

Where can I find information?

- For general information about Covid-19, first read the information on the pages [about your test result](#) or call 113 13.
- If you have questions about your health, contact your local health centre (*vårdcentral*) or 1177 Vårdguiden by phone.
- If you have questions about contact tracing, call the regional Covid-19 Contact Tracing Team at [021-17 55 89](#).
- If you have questions about contagiousness, you may call 021-17 30 00 (select “1”).

Self-care and rehabilitation

[Advice on self-care and tips for those who have or have had Covid-19.](#)

If you are pregnant or have recently (less than 6 weeks ago) given birth

Contact your midwife for advice on preventive treatment against thrombosis (blood clotting).

If your state of health becomes worse

If your state of health becomes worse, contact your local health centre (*vårdcentral*) or 1177 Vårdguiden by phone. If your life is in danger, call 112. Remember to mention that you have Covid-19.